



*A value is a principle  
that guides our  
thinking and  
behaviour*

*Reflect on our CHA values*



**HONESTY**  
**RESPECT**  
**LOVE**

**COMPASSION**

**SELF-DISCIPLINE**  
**FORGIVENESS**  
**HOPE**

# Compassion

Someone at our school described compassion as:

*When someone is feeling hurt or sad, your heart wants to make them feel better.*

Do you agree?

Do you have another way of describing compassion?      Discuss in pairs

empathy respect love friendship

# What might **COMPASSION** look like?

equality patience  
peace kindness consideration

There are many ways in which  
people show and act with  
**COMPASSION...**

[https://www.youtube.com/watch?v  
=A4a66aFaIME](https://www.youtube.com/watch?v=A4a66aFaIME)

Watch this clip and think about how  
you can notice others today and show  
compassion

Do you have to like someone to show them compassion?

Do you have to be able to empathise with someone to show them compassion?

In what ways can you help to ease someone's suffering?

What can drive you to show compassion?

Would the world be different if people were more compassionate?

How could compassion change YOUR own world?



# A World Without Compassion

...





What would a  
world without  
*COMPASSION* look  
like?



What could be the  
**CONSEQUENCES** of  
not showing  
*COMPASSION* to  
others?



How could  
*COMPASSION* turn  
a negative situation  
into a positive one?



**Love and compassion  
are necessities, not  
luxuries. Without them  
humanity cannot  
survive.**

**Dalai Lama**

The spiritual head of Tibetan Buddhism

*QuoteHD.com*

(1391-1474)

**Sixth Form  
corner  
Discuss Dalai  
Lama's quote –  
what does it  
mean to you?**

**Would the world be different if people were more compassionate?  
How?**

# A quiet moment of prayer or reflection...



# **A prayer for all of us**

***Here in our school  
Let us be peaceful at all times.  
Let our rooms be full of happiness  
and respect for each other.  
Let love be in our hearts  
With kindness and **COMPASSION** for all.  
Let us remember  
In learning together,  
We grow together  
And succeed together.***



**Use your voice  
for kindness,  
your ears for  
compassion, your  
hands for charity,  
your mind for  
truth, and your  
heart for love.**