



TOPIC

Caring & Compassion

LEVEL

Third Grade

THEME

Compassionate Compliments

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Explain what caring and compassion mean.
- Describe why sincere compliments are important.
- Give a compliment that is true, specific, and caring.
- Show compassion with my voice, body language, and words.

MATERIALS

- A talking piece (stuffed animal, ball, or object)
- Chart paper, board or slides with sentence starters and "What Makes a Compliment Sincere?" list

ESSENTIAL QUESTIONS

- What does it mean to show true caring and compassion for others?
- How can compliments make someone feel seen, valued, and supported?
- What makes a compliment sincere instead of fake or silly?
- How do my words and actions affect the people around me?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Aavidum means I've got your back. Today we're going to talk about something really important: caring and compassion." Let's do a quick check-in. On a scale from 1 to 5, how caring do you feel today?"

- Explain that 1 = I'm not feeling very caring right now; 5 = I'm overflowing with care and kindness.
- Show me with your fingers...

Ask: Now, who wants to share why you picked your number?"

- Allow a few responses.

Transition: "Awesome. No matter where you are on the 1 to 5 scale, today we'll practice ways to grow our caring hearts."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Let's think about two important words: caring and compassion."

- Caring means showing kindness and love toward someone or something.
- Compassion means noticing when someone is having a hard time and wanting to help.
- Let's say those together:
 - Caring = kindness and love.
 - Compassion = noticing and helping.

Quick Story Example:

"Imagine your friend trips and falls on the playground. You could laugh, or you could show compassion. Compassion means you stop, check if they're okay, and maybe help them up. Which one shows you've got their back?"

- Students answer: helping.

Teacher Prompt: "Turn to the person next to you and tell them one time when someone showed you compassion. What did they do?"

- Give 1 or 2 minutes for pair sharing, then ask a few volunteers to share with the group.

ACTIVITY: COMPASSION CIRCLE (20 MINUTES)

Say: "Today we're going to practice showing compassion with our words. A compliment is when we tell someone something kind and true about them. But here's the most important part: a compliment should be sincere. Sincere means it comes from your heart. It's not just something silly you say to get it over with. A sincere compliment shows you really notice the good in someone else, and you care enough to tell them."

Say: "Let's think of what makes a compliment feel real and caring, instead of fake or silly?"

- Invite student answers. Then summarize with a list like:
 - It's true (not made up).
 - It's specific (not just "you're nice," but "you helped me when I dropped my pencil").
 - It's said with a kind voice and kind body language (looking at the person, maybe smiling).
 - It's about something that shows you care (not just about clothes or looks, but about actions, kindness, effort, or character).

Say: "When we give sincere compliments, people can feel that we mean it. That's what makes it powerful."

Say: "Here's how our Compassion Circle works:

- We'll sit in a circle and pass around the talking piece.
- When it's your turn, give a sincere compliment to the person on your right.
- You can use sentence starters to help, but remember — it has to be true and caring.
- The rest of us will listen quietly and respectfully."
 - Sentence starters (put on board):
 - "You made me smile when..."
 - "I like how you..."
 - "One kind thing about you is..."
 - "You are really good at..."

Mode: "I'll show you how it works. If [Student A] is on my right, I might say: 'I like how you always share your ideas in class' or 'You made me smile yesterday when you helped me carry my papers.' Then I'll pass the talking piece, and it will be [Student A]'s turn."

- Begin passing the talking piece around the circle.
- Allow each student to share one compliment to the person on their right.
- Encourage pauses if someone needs extra time. If a student gets stuck, remind them they can use the sentence starters.

WRAP-UP (5 MINUTES)

Ask:

- "How did it feel to receive a compliment?"
- "How did it feel to give one?"
- "Why do you think compliments are a way to show compassion?"

Weekly Challenge:

- "This week, try to show compassion in one new way. Maybe at school, maybe at home, maybe to yourself. Next time we meet, we'll share what we did and how it felt."

Say: "Remember that caring and compassion are like ripples. One small act can spread and make a big difference. Aavidum means we've always got each other's backs."