

TOPIC

Caring & Compassion

LEVEL

Sixth Grade

THEME

Compassionate Leadership

LEARNING OUTCOMES

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

- Understand what compassionate leadership is.
- Explore how compassionate leadership connects to Aavidum's "I've got your back" message.
- Create a personal pledge to lead with compassion.

MATERIALS

- Feelings wheel
- Journal or piece of paper
- Writing utensils
- Compassionate Leadership Worksheet (one per student)

ESSENTIAL QUESTIONS

- What is compassionate leadership?
- What are qualities of a compassionate leader?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Let's start today by checking in with how we're feeling. Remember, in Aavidum, we care about how people are doing, even when they don't say it out loud. It's important to recognize our feelings and also to notice others' feelings. Look at this feelings chart (show emotions wheel). Point to the word that best matches how you feel right now. You can also choose more than one because we can feel more than one thing at the same time."

- Allow students to share if comfortable. Validate feelings by saying things like: "Thank you for sharing," "I feel that way sometimes too," or "It's okay to feel that way."

Say: "Now, open your journals or take out a piece of paper. Write down your answer to this question: What's one thing I need to feel good today? It can be something simple like a hug from a parent, a nap, listening to music, or something bigger. Write one or two sentences."

Give a couple minutes for writing, then invite volunteers to share responses.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Today, we're talking about something very powerful: Compassionate Leadership. A leader is someone who guides a group, helps others work together, and sets a good example. But leadership isn't just about being in charge. It's about caring for others, listening, and lifting people up.

A compassionate leader is someone who:

- Listens to others' feelings, is kind and fair, understands that everyone has challenges, & sets a positive example for others to follow.

Here's the best part: Anyone can be a compassionate leader. You don't need a title or badge. You can lead with compassion in the classroom, at recess, on sports teams, or even at home."

Ask:

- "Who can think of someone they know who is a compassionate leader? What do they do that makes them that way?"
 - Give students a moment to think silently, then pair up with someone near them to share their thoughts before calling on volunteers.
- "How do you feel when someone leads with kindness and fairness instead of just bossing people around?"
 - Discuss briefly.

ACTIVITY: COMPASSIONATE LEADER PLEDGE (20 MINUTES)**Instructions:**

- Say: "Part of being a compassionate leader is also taking care of yourself and setting boundaries. Boundaries are personal rules we make to help us feel safe, respected, and comfortable. For example, if a friend is being loud when you're trying to focus, you might kindly say, 'I need quiet to concentrate right now.'"
- Here's another example: Your teacher says it's quiet work time, but a classmate starts talking to you. Instead of getting in trouble, you follow your teacher's rule and stay quiet. That's a kind boundary for yourself AND it's compassionate leadership. You're showing respect for the class and setting a positive example."
- Say: "Now, it's your turn to think about how YOU can lead with compassion. We're going to create a personal pledge to remind ourselves to be leaders who care."
- Pass out templates that say: "I will lead with compassion by..."
- Provide examples to help students finish the sentence:
 - "I will lead with compassion by helping someone who is left out."
 - "I will lead with compassion by listening before I speak."
 - "I will lead with compassion by standing up for others."
- Allow students to decorate their pledges with markers, drawings, or stickers.
- Once complete, invite volunteers to read their pledges aloud.
- Encourage applause or Aavidum High Fives after each pledge is shared.
- Optional extension: Encourage students to keep a copy of their pledge or post it somewhere visible in the classroom. Create a "Compassionate Leader Wall" where their decorated pledges are displayed for a few weeks.

WRAP-UP (5 MINUTES)

Say: "Today we learned that compassionate leadership means guiding with kindness, listening to others, and setting an example that makes people feel safe and supported. You don't have to be the loudest or the bossiest person in the room to be a leader. You just need to show others, 'I've got your back.' Before we finish, I want you to think about one person you know who is a compassionate leader. Who are they, and why do they inspire you?"

- Allow 2 or 3 responses.

Say: "This week's Aavidum challenge is to practice compassionate leadership at home or school. Maybe it's helping a sibling with homework, including someone new at recess, or standing up for a friend."

Closing Affirmation:

"Let's all say together: 'I lead with compassion. I've got your back!'"