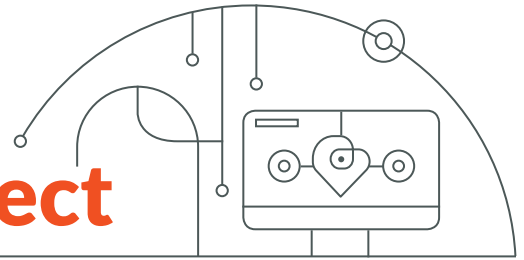


# The Compassion Project



**Grade Level:** 2-4 **Total Lessons:** 15 standalone lessons, approximately 20 minutes each  
**Subject Fit:** ELA **Standards Alignment:** Common Core State Standards (CCSS); CASEL SEL framework



With so much emphasis placed on improvements in math and science, skills like compassion often receive less classroom time. This unintended trade-off may be short sighted as compassion is a social-emotional skill that not only increases students' own sense of wellbeing, but also improves the learning environment for all learners.<sup>1</sup>

The *Compassion Project* curriculum is the first comprehensive, **no-cost** program designed to help educators facilitate lessons around fundamental SEL skills.

## The Compassion Project curriculum includes comprehensive classroom resources:



### Engaging Videos

Short videos introducing key concepts and themes can be streamed on demand



### Lesson Plans

Standards-aligned and ready for effortless classroom integration



### Digital Lessons

Concepts like empathy are explored through digital activity learning extensions that can be done as a class or individually



Characters from The Compassion Project digital course

### Example Topics

- Defining empathy and compassion
- Practicing mindfulness and growth mindset
- Identifying emotions
- Performing acts of kindness

### Course Flow

- **Watch** - Short, animated video introduces the lesson
- **Discuss** - Guided discussion gets students reflecting on key concepts just covered
- **Act** - Extension classroom or digital activity puts concept into practice

For more information about bringing this program to your school or district, visit [everfi.com/k-12](http://everfi.com/k-12)

1. <https://centerhealthyminds.org/about/why-well-being>