



Activity Packet

A collection of resources aligned to the theme of Compassion



By focusing on compassion and acceptance for all beings, we can encourage children to look for the beauty in everyone and see the power of compassion in action. Hearing stories of compassion is one of the best ways to prepare children to care for others and themselves and learn about empathy and inclusion.

This packet includes a:

- Compassion classroom activity
- Compassion home activity
- Compassion recommended booklist

We recommend you print and copy the home activity and recommended booklist pages to send home to extend Rally to Read 100 and encourage continuous learning!

For more reading fun, visit RallytoRead.org.



Colorful Compassion Quilt

- This activity involves a collaborative project that you can continue to add to all year round.
- Adjust the activity according to the needs of your individual students by assigning specific roles for pair or group work.
- Materials: colorful paper cut into squares, writing utensils

Steps

1. As a class, have the students brainstorm ways they or others have shown compassion and write them on the board.
2. Hand out different colored paper that have been cut into squares. The squares should be big enough for students to write on.
3. Have students write one or two sentences about a time they or someone else showed compassion (younger students may choose to illustrate instead).
4. Hang the completed work on the classroom wall to resemble a patchwork quilt.
5. Throughout the year, watch your quilt grow as you add a patch whenever a classmate shows compassion.



Theme: Compassion | Home Activity

Our class is learning about compassion with literacy resources from Reading Is Fundamental. Complete this activity with your child to help deepen their understanding of compassion.

Self-Compassion Portrait

Steps

1. Begin by looking in a mirror with your child and stating three positive affirmations (e.g., I am smart, I am brave, I go after my dreams).
2. Have your child create a self-portrait utilizing the provided What I Love About Myself! template.
3. After drawing, have your child write down their three positive affirmations. These things could be related to their personality, hobbies, or physical traits.
4. If possible, hang your child's self-portrait on the wall as a reminder of what they love about themselves, practicing self-compassion.



What I Love About Myself!

1. _____

2. _____

3. _____

Reading Is Fundamental has curated a list of books to help children further explore the theme of compassion. Use this recommended book list to help your students/children continue their discovery about this topic in school and at home. For additional activities for the books listed, please visit RIF.org/Literacy-Central/Collections/Rally-Read-Compassion-Collection.

View read-alouds of titles in blue on RallytoRead.org this month.



I Am Mister Rogers, the 32nd hero in the New York Times bestselling Ordinary People Change the World series

Author: Brad Meltzer
Illustrator: Christopher Eliopoulos
Grades: K-4



Heroes of the Wild: Manatee Rescue

Author: Nicola Davies
Grades: 3-6



What Does It Mean to Be Kind?

Author: Rana DiOrio
Illustrator: Stephane Jorisch
Grades: PK-3



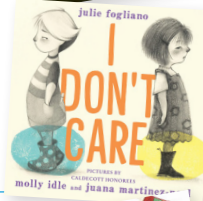
Wish

Author & Illustrator: Chris Saunders
Grades: PK-3



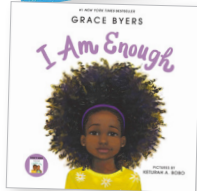
Mindful Me, Happy Me: The Caring Me I Want to Be

Author: Mary DiPalermo
Illustrator: Emma Randall
Grades: K-1



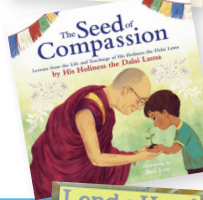
I Don't Care

Author: Julie Fogliano
Illustrators: Molly Idle & Juana Martinez-Neal
Grades: PK-1



I Am Enough

Author: Grace Byers
Illustrator: Keturah A. Bobo
Grades: K-2



The Seed of Compassion: Lessons from the Life and Teachings of His Holiness the Dalai Lama

Author: His Holiness the Dalai Lama
Illustrator: Bao Luu
Grades: PK-3



Maddi's Fridge

Author: Lois Brandt
Illustrator: Vin Vogel
Grades: K-3

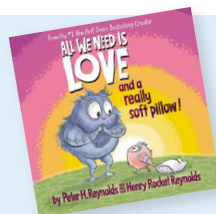


Lend a Hand: Poems About Giving

Author: John Frank
Illustrator: London Ladd
Grades: 3-4

BARNES & NOBLE

Storytime Pick



All We Need Is Love and a really soft pillow

Authors: Peter H. Reynolds & Henry Rocket Reynolds
Illustrator: Peter H. Reynolds
Grades: PK-3

Discussion questions for any recommend book listed above:

1. What was the most compassionate action taken in the book you read?
2. What are some very big ways people show compassion?
3. What are some very small ways people show compassion?
4. Can you remember a time you felt compassion for someone else? How did it feel? What did you do?
5. What is the most compassionate thing anyone has ever done for you? How did it feel?