

February - Compassion

I FEEL COMPASSION FOR MY COMMUNITY.

I HELP THOSE IN NEED.

Avon East SOARstice has adopted the Jessie Lewis Choose Love Movement for our program. This is a comprehensive, evidence-based program focusing on social-emotional learning. The Choose Love Enrichment Program™ is to provide children with the knowledge, attitude, and skills they need to choose love in any situation.

There are 4 ingredients for Choosing Love: Courage, Gratitude, Forgiveness, and Compassion.

In November and December, we focused on gratitude. January was all about kindness and affirmations. This month is compassion.

The first grader objectives:

- Define compassion
- Predict the impact that their help has on others.
- Practice compassion affirmations.
- Apply compassion in action to different scenarios.
- Learn and practice compassion breaths.

The second grade objectives

- Define compassion.
- Identify examples of compassion.
- Identify steps for showing compassion.
- Identify steps for showing compassion.
- Learn and practice compassion breaths.

SOAR-STICE Challenge



This month's Community SOARstice activity is targeted towards our school-wide 100 Acts of Kindness to go along with the 100th day of school. The children are encouraged to initiate acts of kindness at home, school, and the community. Attached are printable cards for home, school, and community.

When your child completes an act of kindness in that environment, have him/her color a heart. Keep these cards on your refrigerator as a reminder to continue acts of kindness.

Compassion

Did you know that helping others can bring us pleasure? A study was done at Emory University that included participants helping someone else while their brain activity was recorded. It turned out that helping other people triggered the brain activity associated with pleasure and reward. They were able to determine that indeed, helping others DOES bring us the same pleasure we get from gratification of personal desire.

Here are some tips on practicing compassion at home.

- ~volunteer at an animal shelter
- ~join a family fun run that donates to a charitable cause
- ~make a homemade bird feeder
- ~read stories from the Make-A-Wish website
- ~bake treats for your local fire fighters and police officers
- ~donate items to those in need

“Kindness is a language the deaf can hear and the blind can see.”

~Mark Twain

SOARSTICE
KINDNESS
MATTERS PROJECT:
EMPOWERING CHILDREN

Acts of Kindness Challenge Activity

Please print this paper. Every time your child shows an act of kindness in the community, home, and/or school environment, have your child color a heart. Try to encourage your child to complete as many acts of kindness as possible.

