

Online Resource 7.2 • Compassion Curriculum Integration Planner

LESSON	GRADE LEVEL	SUBJECT/CONTEXT	ADAPTATION/NOTES
Compassion/ Introduction Story Time	Pre-K	Story Time	Use puppets to role play situations that demonstrate compassion.
Compassion/ Community Circle	1-3	Morning Meeting	Have a question that everyone answers, such as "When did a friend help you when you were sad?" to start a conversation about compassion.
Compassion/Heart Centered Breathing/ Long Deep Breathing	Pre-K	Morning Meeting, After Lunch or Recess, End of the Day	Give each student a pebble and ask them to place it on their belly. Have them watch it rise up as they breathe in and come down as they breathe out.
Compassion/ Community Circle	1-3	Morning Meeting	Have students form a circle and hold hands. Tell the students that you have love in your left hand. When you squeeze the hand of the person next to you, it passes the love on. Practice passing the love around the circle. Then, introduce the kindness you have in your right hand and pass that along in the opposite direction. Combine the two, passing love in one direction and kindness in the other.

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.