



## Lesson 12

### Feeling Empathy and Expressing Compassion

Through compassion we have the capacity to relieve the suffering of others.

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#### Lesson Overview

##### OBJECTIVES

*Participants will be able to:*

- Compare and contrast the concepts of empathy and compassion
- Identify a time they felt compassion for another
- Explain the benefits of self-compassion
- Explain the benefits of expressing compassion for another
- Experience a mindfulness practice to promote compassion
- Evaluate the impact of a compassion mindfulness practice through visualization
- Promote positive peer connection through engagement and discussion

##### SOCIAL EMOTIONAL LEARNING (SEL)

- Self-awareness
- Self-management
- Relationship skills
- Responsible decision-making
- Social awareness

##### TOPICS & DISCUSSION PROMPTS

1. **Understanding the Emotional Experience of Connecting with Others:** *Think of a time you felt empathy for someone. How would you describe how it felt?*
2. **Recognizing and Appreciating Acts of Compassion from Others:** *Think of a time when someone shared empathy toward you. How did they express their empathy to you?*
3. **Simple Ways to Express Compassion in Daily Life:** *List some simple things you can do to express compassion and empathy to others in your daily lives.*
4. **Nurturing Personal Well-being and Resilience Through Self-Compassion:** *How could you benefit from expressing more self compassion?*

**MINDFULNESS PRACTICE:** *Cultivating Empathy and Compassion*