

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Homeroom: \_\_\_\_\_

## Defining Compassion

**Directions:** Read the following context and then answer the questions below.

We often think we know somebody well, and then it turns out that there was more to them than we thought: there was something difficult in their lives that we didn't know about; they had an interest in something—they play a musical instrument; they dream of being a doctor; they love dogs and get very upset if one is treated poorly; they don't have older siblings or parents who are athletic so they've never really learned how to throw a ball.

### Stop and Jot

1. Think of someone who you know really well who is important to you. What do people typically get wrong about this person? Why?

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2. What are two things about that person that other people might not know about them? How might it change how others saw them if they did?

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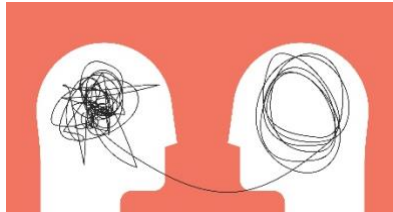


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## Defining Compassion

**Directions:** Read the definitions of these key terms and answer the questions that follow.

Empathy	
	<p><b>Empathy</b> is the ability to see and understand other people's points of view and why they have them. As Yale psychologist Dr. Paul Bloom explains, "it's putting yourself in other people's shoes--feeling their pain and seeing the world through their eyes."<sup>7</sup></p> <p>For example, you may feel <b>empathy</b> towards a classmate who you see sitting alone in the cafeteria.</p>
Compassion	
	<p><b>Compassion</b> is understanding someone else's pain and having a desire to lessen it. It's about more than feeling sorry for someone else's misfortunes, it's about the desire to actually do something about it.</p> <p>For example, you might feel <b>compassion</b> if you saw a classmate who was sitting alone at lunch, reflected on how it would feel to be in their shoes, and then felt motivated to join him/her.</p>
Altruism	
	<p><b>Altruism</b> is kind, selfless action that is taken to help other without hope or expectation of receiving something in return.]</p> <p>An example of <b>altruism</b> would be someone carrying a heavy load of books home for a friend whose arm was broken.</p>

## Defining Compassion (Continued)

<sup>7</sup> Vox: The Case Against Empathy by S. Illing <https://www.vox.com/conversations/2017/1/19/14266230/empathy-morality-ethics-psychology-compassion-paul-bloom> Accessed and edited on 07/13/20

**Directions:** Review the definitions above and answer the questions below. Be sure to include the bolded word in your response.

Application of Terms
1. Describe a time when you felt <b>empathy</b> for someone else.
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2. Describe a time when you showed <b>compassion</b> for someone else. How did you feel afterward?
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3. Describe a time when you or someone you know did something that was <b>altruistic</b> . What motivated you or your friend to take action?
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4. Can you have <b>compassion</b> for someone without feeling <b>empathy</b> for them? Why?
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5. You just won a lifetime achievement award, and your best friend is asked to say a few words about you. How would you rather be described: <b>empathetic</b> , <b>compassionate</b> , or <b>altruistic</b> ? Why?
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### *Defining Compassion* Reflection Questions

**Directions:** In your neatest handwriting and in complete sentences, answer the following questions.

1. Describe at least one way you could show compassion for others at school or at home.

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2. Imagine that you spotted a group of your friends teasing a classmate because he came to school wearing what they think are a funny-looking pair of shoes. What could you say to encourage them to show more compassion?

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### Stamp Your Learning for *Defining Compassion*

**Directions:** Answer the following questions in complete sentences.

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1. Review the definitions for empathy and compassion. What do they share in common?

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2. How are empathy and compassion different? Why is that important?

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3. In one artful sentence, explain how empathy can lead to altruism.

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4. Name two ways that you will apply what you learned about compassion to your everyday life.

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