

### What is Compassion?

Compassion is all about noticing when someone is struggling and choosing to respond with kindness, understanding, and care. It means recognising the feelings of others and wanting to help make things better. Compassion isn't only about feeling sorry for someone—it is about taking positive action to support them.

A simple definition of compassion is: *Compassion means seeing someone's need and choosing to respond with kindness, empathy, and care.*

At our school, we encourage children to look out for one another, to listen carefully when someone is upset, and to show patience and understanding. Compassion can be shown in small everyday choices—offering help, using gentle words, including others in play, or simply being a good friend.

Showing compassion helps us build a community where everyone feels valued and safe. We remind the children that each one of us has the power to make someone's day better. When we choose compassion, we are living out our Christian vision and helping our own light shine brightly for others.

**A Christian Perspective:** Christians believe that their attitudes and actions should reflect the kindness, mercy, and compassion shown by Jesus, and the unconditional love God has for every person. Because Jesus experienced deep suffering, Christians trust that he understands human pain and walks alongside people in their difficult moments.

Christians also recognise that, like Jesus, we all go through challenging times. These experiences can help us grow in empathy, deepen our understanding of others, and enable us to offer genuine compassion when we see someone in need. Through compassion, Christians aim to share God's love in the way they speak, act, and care for those around them.



### Help your child to show compassion at home by:

- Noticing when someone needs help and offering kindness.
- Caring for a pet or plant.
- Including others in play and activities.
- Using gentle, thoughtful words.
- Doing small acts of kindness, like helping or sharing.

### Books and Stories to help explore the value of Compassion:

**Bible stories:** Feeding the 5000, The Lost Sheep, The Good Samaritan  
**Picture books:** *Have You Filled a Bucket Today?* (Carol McCloud), *The Big Umbrella* (Amy June Bates), *Last Stop on Market Street* (Matt de la Peña), *The Rabbit Listened* (Cori Doerrfeld)



### We are exploring Compassion in school by:

- Exploring compassion through our school worship.
- Discussing compassionate choices in learning and play.
- Providing opportunities to show compassion through helping roles.
- Celebrating compassionate behaviour with rewards and certificates.