



The Compassion Project



FREE DIGITAL AND OFFLINE LESSONS

Build Students' Social Emotional Skills by Teaching Compassion

Social emotional learning (SEL) teaches children to recognize and understand their emotions, maintain friendships and relationships, and feel empathy for others.¹ Compassion is a social emotional skill that not only increases students' own sense of wellbeing, but also improves the learning environment for all learners.²

The Compassion Project is a blended learning program designed to help educators facilitate lessons around fundamental SEL skills. Students will engage in activities that will help them define empathy and compassion, learn how to treat others and oneself with compassion, and describe the positive outcomes of compassion.

[Source¹](#) [Source²](#)

THE LEARNING EXPERIENCE

- Online, interactive lessons help students develop simple, actionable social emotional learning strategies.
- Detailed score reports to monitor student progress and knowledge gain.
- Robust offline lesson plans and student activities help teachers maximize the impact of the content across all learners.



Two Digital Courses for Elementary Students

Lower Elementary - Grades 2-3

Upper Elementary - Grades 4-5



Digital Lessons for Students

Curriculum Fit: Advisory/Homeroom

Standards Alignment: Common Core State Standards in English Language Arts (CCSS - ELA), Social Emotional Learning (SEL)

"I feel that *The Compassion Project* was an extremely helpful tool to teach my students about compassion, empathy, and mindfulness. The videos portrayed real life experiences ... my students were able to make connections to situations they have encountered."

— Teacher, Olga Kohlberg Elementary School, TX

The Compassion Project - Two Courses to Teach SEL

Lower Elementary (Grades 2-3)

Topics: Understanding Compassion, Understanding Self, Practicing Compassion

- 15 Offline Lessons (45-60 min each)
- 3 Online Lessons (30 min each)

Upper Elementary (Grades 4-5)

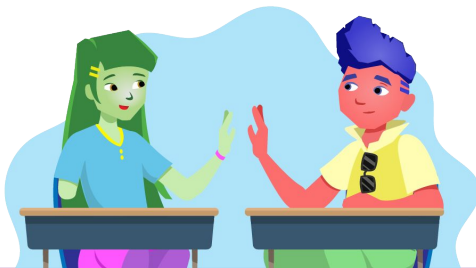
Topics: Compassion & Empathy, Mistakes & Self-Care, Emotions & Mindfulness

- 3 Offline Lessons (45 min each)
- 3 Online Lessons (10 min each) Available in English & Spanish



Offline Lessons Include:

- Teacher Lesson Plans
- Student Materials
- Videos or Suggested Books



Ready to Start? Register now at
EVERFI.COM/NewTeacher

LESSON ACTIVITIES:

Defining Compassion

Activity Intro

EMPATHY + ACTION = COMPASSION

When you feel empathy for someone and then want to do something to make things better, that's showing compassion!

EmpathEyes

What Is Sana Thinking?

Look for clues to understand what Sana is thinking about her friends.
Q. Select each hotspot to gather clues.

Effects of Emotions on Behavior

It's a nice day for kickball! The two fourth grade classes play each other once a week for fun. The last time they played, Sarita's team lost, and the other class called them names. She doesn't want that to happen again. Alex is a great player, so Sarita has an idea.

Next

EVERFI

EVERFI, Inc. empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success - now and in the future. 3 of 5 U.S. school districts use EVERFI's digital resources to teach topics like financial literacy, social-emotional learning, career readiness, and prevention education.

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