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. Compassion is a social emotional skill that not only increases students’ own sense of wellbeing, but also improves the learning environment for all learners.

*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.

**Curriculum Fit:** Advisory/Homeroom
**Standards Alignment:** Common Core State Standards in English Language Arts (CCSS - ELA), Social Emotional Learning (SEL)

**Two Digital Courses for Elementary Students**

- Lower Elementary - Grades 2-3
- Upper Elementary - Grades 4-5
“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

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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