

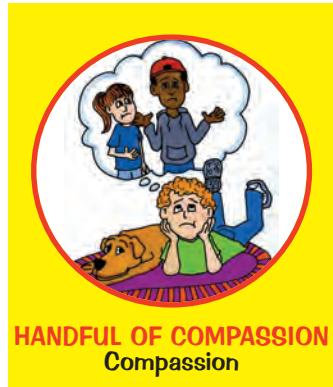
# The Can-Do Crew



THE ROAD OF RESPECT  
Respect



ALTRUISTIC ALL-STARS  
Altruism



HANDFUL OF COMPASSION  
Compassion



BE A PHILANTHROPIST  
Philanthropy  
Fundraising  
Caring & Commitment



HEALTHY HERO  
Nutrition



COOPERATION CREW  
Cooperation



BE A LEADER!  
Empathy  
Empowerment  
Inclusion



SPOTLIGHT ON INTEGRITY  
Integrity



KINDNESS KID  
Consideration  
Kindness  
Multigenerational Relationships



GENEROUS GARDNER  
Generosity



A TRUE FRIEND  
Friendship



HANDFUL OF COMPASSION  
Compassion

# The Can-Do Crew



Grade levels: 2,3,4  
Subject: Compassion  
Time Frame: 40-50 mins

## HANDFUL OF COMPASSION

Teaching and reinforcing healthy interpersonal skills of being considerate, caring, courteous, concerned and charitable lead the way to a world with more **Compassion**.

Using examples from everyday life, students develop self awareness of feeling sorry for someone who is suffering and social awareness that their efforts help others through engaging eye-opening experiential learning.

Experience **Compassion** in short, fun and easy to follow lesson plans for grades 2, 3 and 4.

### Included in the Unit:

### Time Frame:

- The Can-Do Crew and You  
Our Can-Do Code Path  
The Can-Do Code  
[Project on screen, read aloud and follow directions](#) (3-4 minutes)
- I have Compassion! Definition, Gesture and Example  
Let's be Compassionate Super Crew World Changers  
[Project on screen, read aloud and follow directions](#) (4-5 minutes)
- Our 5-Point Plan for our Classroom  
[Project on screen, read aloud and follow directions](#) (4-5 minutes)
- The Can-Do Compassion Crew - A Handful of Compassion  
[Project on screen, read aloud and follow directions](#) (5-10 minutes)  
My Handful of Compassion  
[Print page, follow directions](#) (5-10 minutes)
- "What do YOU do?" Compassion Challenges  
[Print page, follow directions and discuss](#) (10-15 minutes)
- My Compassion Commitment  
[Print page and follow directions](#) (5-10 minutes)

### What you will need:

1. Capability to display on screen or print copies
2. Pencils, crayons and/or markers

### Bonus Activities:

- "Give-Me-Five Fridays" Story and discussion questions  
Readers' Theatre: "Give-Me-Five Fridays"

# The Can-Do Crew and You

We know that even **ONE person**  
can make a big difference in the world...

by caring,  
by finding ways to help,  
and by doing good deeds.



**It is FUN, EASY and EVERYBODY can do it!**

**Let's see if YOU can, too!**

Do **YOU** care about other people?

If you do, Stand up

Do **YOU** help those in need?

If you do, Stand up and clap your hands

Do **YOU** do acts of kindness for others?

If you do, Stand up, clap your hands and stand on one foot.

Do **YOU** think you can Make a Difference in the world?

If you do, Stand up, clap your hands, stand on one foot and hop all at the same time

**Let's Shout out our Motto:**

We can  
make the  
world better!



Now let's follow

**Our Can-Do Code Path**

# Our **Can-Do Code** Path

leads us to a

## Treasure Trunk

where we will uncover

**Powerful, Mighty and Amazing  
World Changing Words**



We call them **WCW** and  
they will guide us to being



**Super Crew  
World Changers**



Now stand up strong and tall.  
Put your fists on your hips and shout:

We will:  
**Learn these words!**  
**Understand their meanings!**  
**Use them everyday!**

How do we get started?

We need a **KEY**  
to open the **WCW** Treasure Trunk!



# The Can-Do Code



is the **KEY** to opening the  
**Treasure Trunk of World Changing Words**  
We live by the Can-Do Code.  
It helps us Make the World Better!



Let's say it together:

When we are saying things  
**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things  
**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others  
**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

Now that we have  
the **KEY**,  
let's open the  
**Treasure Trunk**  
on our Path to be  
**Super Crew**  
**World Changers!**

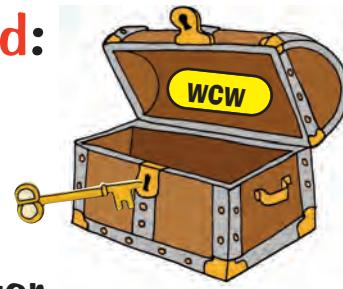




Here is our **World Changing Word:**

# Compassion

Let's discover it's meaning and how we use it to make the world better.



## Compassion

feeling sorry for someone who is suffering and trying to help them

I have  
**Compassion!**

Lizzie feels badly that some children are hungry and wants to help them.



To help you remember what **Compassion** means, make this **Gesture**:

Stand up and put your hand over your heart because you care



Let's Be

## COMPASSIONATE Super Crew World Changers



### Here are some ways to show COMPASSION:

Antonio is really good at science so he helps Lizzie because he knows she has a hard time figuring out the homework.

What does Antonio do that shows COMPASSION?

Bella is sad that her cousin Charlie cannot play at the park because he broke his arm so she comes to his house to cheer him up.

Why does Bella show COMPASSION?

Sarah sees George upset and sitting alone at lunch so she goes over and asks if she can do anything for him.

How does Sarah demonstrate COMPASSION?

### Show your Super Crew World Changing POWER!

#### 1. Say the World Changing Word

I have  
Compassion!

#### 2. Give its Meaning

Compassion means feeling sorry for someone who is suffering and trying to help them

#### 3. Signal its Gesture

Stand up and put your hand over your heart because you care



#### 4. Tell YOUR way to show COMPASSION!

# Our 5-Point Compassion Plan!

Our 5-Point Compassion Plan is our guide on how we will conduct ourselves together at home, at school and in the community.

1. Enter the room Smiling
2. Be Friendly and Polite
3. Follow **The Can-Do Code**
4. Listen and pay attention while others are speaking
5. Care that your actions will affect others

It is so easy to do we can do it all the time!



We will practice now to make sure we understand the Plan.  
In groups of 3 or more, walk through and act out all 5 points in the Plan.

# The Can-Do Compassion Crew

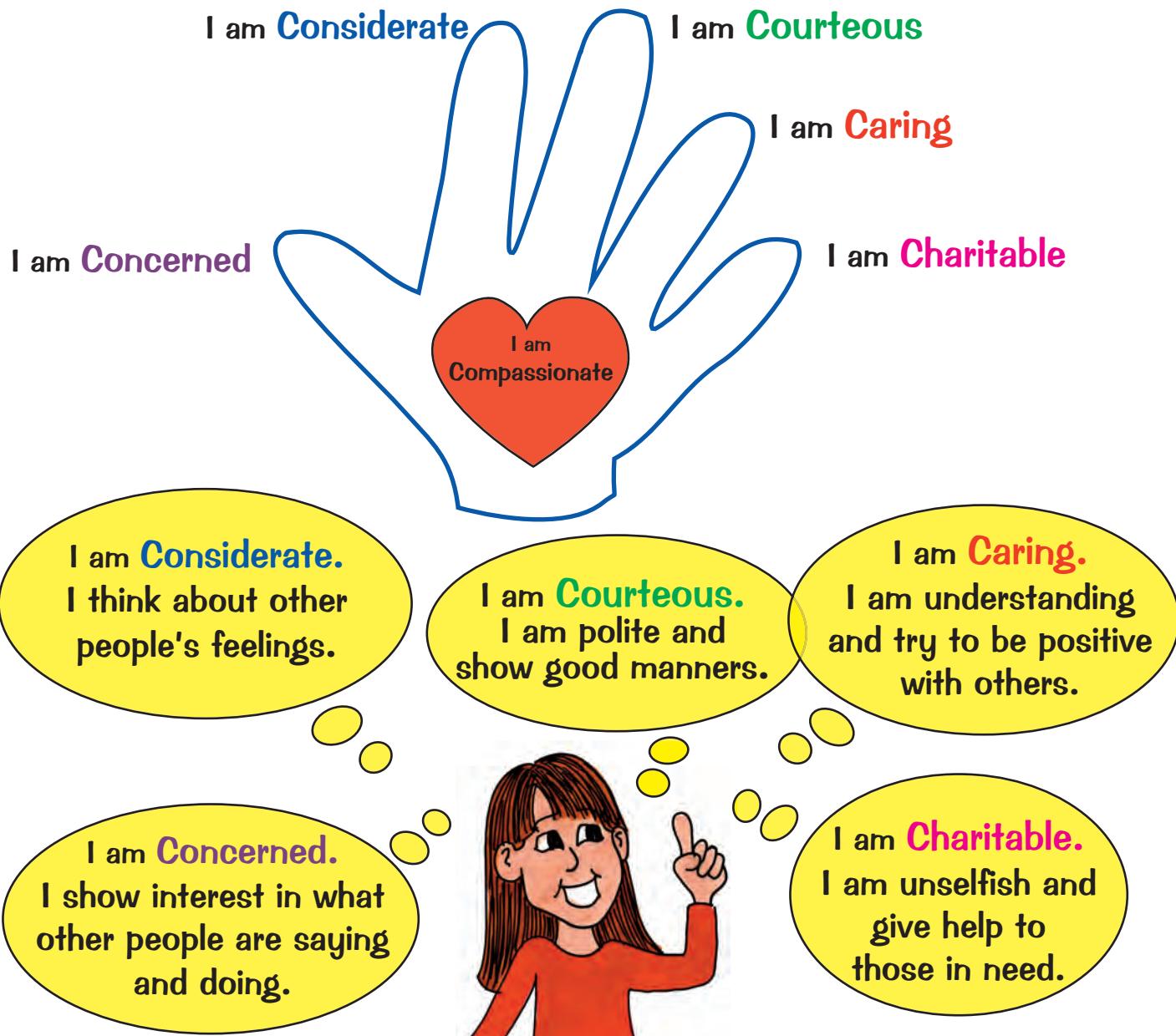
Leading the way to a world with more Compassion!

Compassion means feeling sorry for someone who is suffering and trying to help them

What is in YOUR Handful of Compassion?

Let's look at our hand. It is full of Compassion! Let's see how:

## A Handful of Compassion



How can YOU show Compassion?

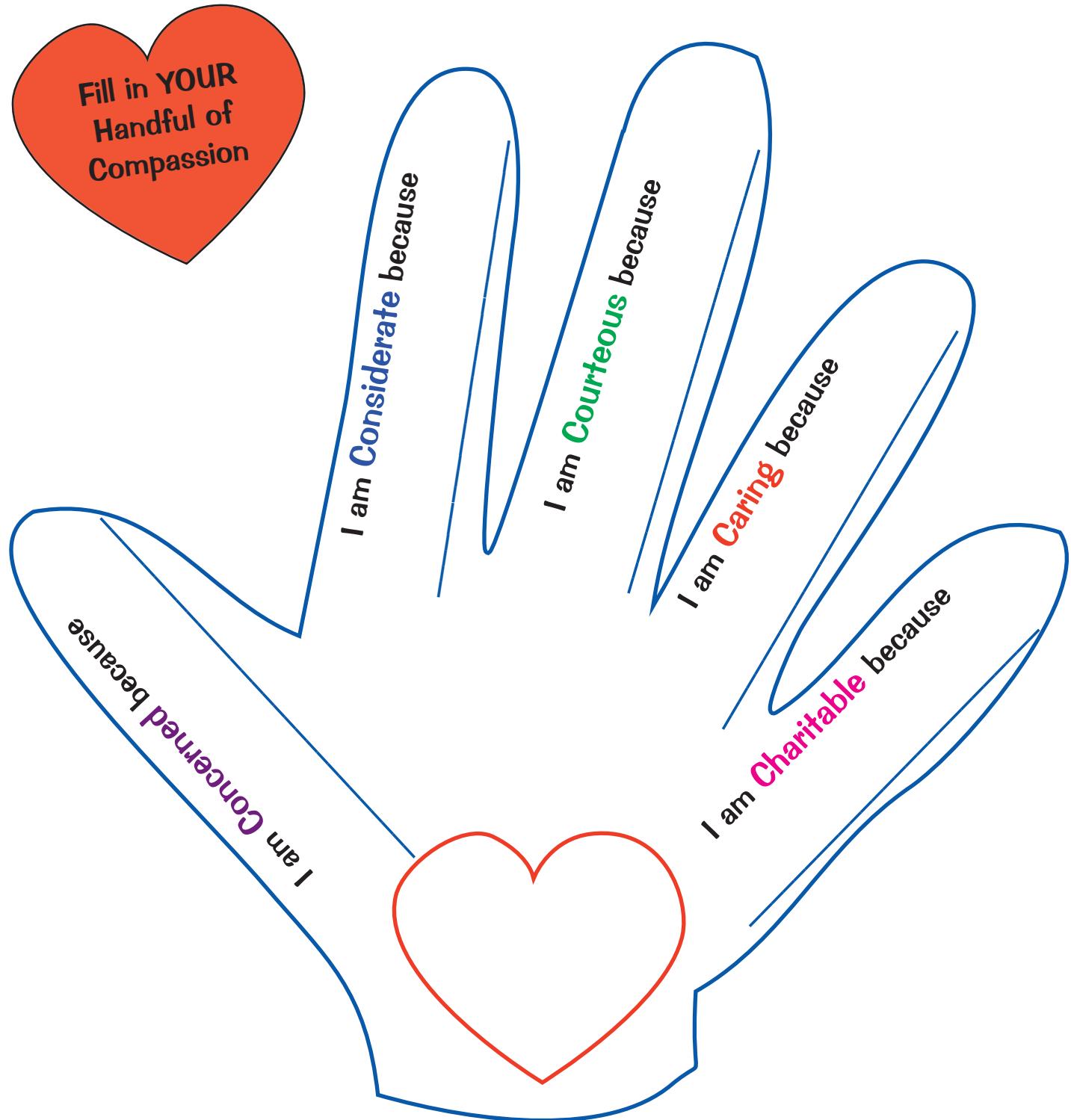
The Can-Do Crew©

# My Handful of Compassion

What is in **YOUR** Handful of Compassion?

How are **YOU** Considerate, Courteous, Caring, Charitable and Concerned?

How are **YOU** Compassionate?



Let's use our Handful of Compassion to help make the right choices!

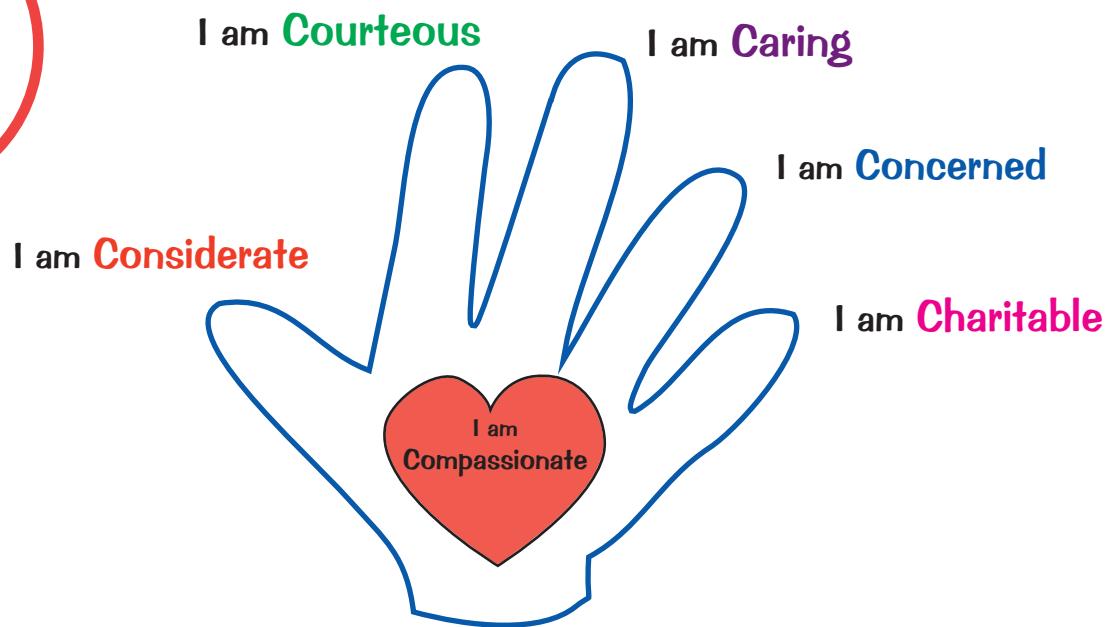
# "What do YOU do?"

What do you do when certain things happen to show your **Compassion**? What is your **Action Plan**?

**Example 1:** Your teacher is shouting instructions for the lesson because there is too much noise in the classroom. **What do YOU do?**

You show **Compassion** because you feel sorry for her that she needs to shout rather than talk and you want to do something to make her feel better.

**Action Plan:** I am going to be quiet.  
This shows I am Considerate, Caring and Courteous.



**Example 2:** You are collaborating with a classmate on an art project and he does not have any crayons. **What do YOU do?**

You show **Compassion** because you feel sorry that he does not have any crayons to help make the art project and you want to help him.

**Action Plan:** I will share my crayons.  
I am being Concerned and Charitable.

# "What do YOU do?" Compassion Challenges



- Team up with a partner.
- Read each **Compassion Challenge** and discuss with your partner.
- Come up with an **Action Plan** to solve the **Compassion Challenge**.
- Use your **Handful of Compassion** to help you make the right choices.
- You can have more than one idea in your **Action Plan**.
- Write your **Action Plan** down and share it with the group.

1. Your classmate enters the classroom crying.  
What do you do?

**Action Plan:**

Ask, "What Is bothering you?" or "Can I do anything to help you?"

This shows I am considerate and caring.



2. Your classmate falls and scrapes her knee on the playground.  
What do you do?

**Action Plan:**

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3. A new classmate is standing by himself at recess.  
What do you do?

**Action Plan:**

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4. You accidentally kick your classmate under the table.  
What do you do?

**Action Plan:**

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**“What do YOU do?” Compassion Challenges page 2**

5. Your classmate's pencil breaks during the lesson.  
What do you do?

Action Plan:

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6. You see a classmate struggling with a math problem.  
What do you do?

Action Plan:

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7. A classmate is making a presentation and some students are talking.  
What do you do?

Action Plan:

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8. You see a classmate is angry and having a bad day.  
What do you do?

Action Plan:

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9. Your classmate says something hurtful to another classmate.  
What do you do?

Action Plan:

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10. You hear a classmate speak in an unkind voice to someone else.  
What do you do?

Action Plan:

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# My Compassion Commitment

## Leader's Guide



I pledge to follow our  
**5-Point Compassion Plan**

1. Draw a picture of a classmate feeling badly.
2. Write a speech balloon for your classmate saying how he/she is feeling.
3. Draw a picture of yourself with a speech balloon of what you would say to your classmate to show your **Compassion**.



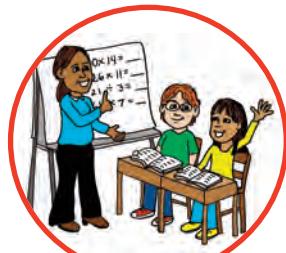
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