

Well-being Wednesday - Compassion



Welcome to Well-Being Wednesday.

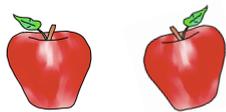
We've been staying at home for some weeks now and are missing being at school. We are all handling lockdown in a different way and may feel different from day to day. Each of us are in different situations and may rely on the help of others or we might be the one helping others.

This week we will be thinking about compassion. Compassion is more than just being kind to others. It's showing a deeper understanding of how others might be feeling. Showing compassion helps our wellbeing by broadening our perspective and helping our connection with others.

Here are some ideas of how we can develop our compassion for others.

Warmest wishes,
Ms Suleyman

Find two apples that look very similar. However, one of them has been dropped a few times and will have bruises inside. Talk about how similar they are on the outside.



Cut both apples and notice how the one that has been dropped looks different inside.



Although a person may look ok on the outside they may be feeling different on the inside, which is something that we don't always see.



While watching a TV programme, notice times when compassion has been shown or should have been shown.



What would you have done to show compassion?
Talk about people who may need compassion now.

Caring for a pet is a good way to practise compassion. What do you do to care for your pets?



When you care for a pet you can also learn important values, such as responsibility and unconditional love.



Being charitable helps us to think about others and their needs. Thinking about what we can give to others, helps us to be compassionate.



What kind of activities have you taken part in that charitable towards others? Think about what you have done within our school community to be charitable. How did you feel knowing that you are giving to someone else in need?

It is important to practise self-care as well. Being compassionate with yourself first, helps you to be compassionate with others.



Create your own retreat.
A lovely space to be.

@callyjanestudio



Find a quiet place and appreciate the calm
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How do you take care of your needs?

What kind self care do you practise?

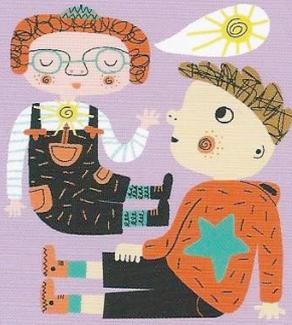


Remember to be patient while we continue with these challenging times. Be kind to yourself and each other.

I've included some mindfulness cards below, which I hope you will enjoy using.

Finding Feelings

This is an activity for two people.



- 1 Choose a friend or grown-up you trust. Sit together in a comfortable position. Take three soft, slow, **mindful breaths**.
- 2 One person is the speaker. The other is the listener. Speaker, notice how you feel and tell the listener. For example, say, "I am feeling happy." Or, "I am feeling angry."

- 3 Describe what your feelings are like inside. Do you notice a sensation in your head, tummy or chest? Is it tight, hot, cold, jittery or achy?

- 4 The listener listens with full attention but does not talk.



- 5 The speaker takes three more soft, slow, **mindful breaths** and checks to see if the feelings change after telling someone about them. Does your body feel different?

- 6 Now switch roles. At the end, thank each other for listening.

Tip: Examples of feelings are happiness, sadness, anger, surprise, excitement and fear.

Squeeze and Release

- 1 Lie on a mat, blanket or bed. Close your eyes and breathe softly, slowly and mindfully.



- 2 Notice your feet. Wiggle your toes. Imagine they have a golden glow. Squeeze the muscles in your feet tight, hold and release.
- 3 Move your attention up your legs. Now they are glowing gold. Squeeze your leg muscles tight, hold and release.



- 4 Now imagine the golden glow moving up your body from part to part.
- 5 Slowly squeeze and release each golden body part one at a time — tummy, arms, shoulders, neck and face.
- 6 When you finish, take three soft, slow, **mindful breaths**, and feel your body sink into the mat, blanket or bed beneath you. If it's time to sleep, let yourself drift off.