



# The Compassion Project

Compassion & Empathy



# What is compassion?

**Compassion is when you:**

- 1) SEE someone in need**
- 2) CARE about their feelings**
- 3) DO something to show that you care**



# What does it look like?

Watch the following video:

<https://vimeo.com/282518502>

After video:

David recognized that Tye needed compassion and reached out to support her. How do you think this made Tye feel?



# What is empathy?

Empathy is when you see someone in a situation and:

- 1) You understand what they want
- 2) You understand how they feel
- 3) It may even make your feelings change in response

**\*Empathy + Action = COMPASSION**



# What is empathy?

Watch the following video:

<https://vimeo.com/282519421>

After video:

Tye is still trying to figure out what her talent is for the talent show and Brandon says some things that are not kind. Alex had empathy for Tye and understood how she felt. Alex showed she had compassion for Tye by putting her empathy into action and standing up to Brandon.

