



## A Recipe for Compassion

### Introduction

#### Objective:

Students will observe Raksha's model of showing compassion in *The Jungle Book* and begin to practice showing compassion for others.

Using compassionate words, students will create a recipe for compassion to use in their lives.

#### Academic Content Standards:

##### ✦ National Standards

###### □ Civic Ideals and Practices

Social studies programs should include experiences that provide for the study of the ideals, principles and practices of citizenship in a democratic republic.

##### ✦ Ohio Standard

###### □ Citizenship Rights and Responsibilities

Students use knowledge of the rights and responsibilities of citizenship in order to examine and evaluate civic ideals and to participate in community life and the American democratic system.

###### Benchmark:

Demonstrate personal accountability, including making choices and taking responsibility for personal actions.

###### Indicator:

Demonstrate accountability for actions.

### Getting Started

#### Materials:

- Large index cards.

#### Vocabulary:

- Compassion
- Respect
- Responsibility
- Honesty.

### Lesson

#### Orientation Activity:

Discuss the meaning of respect, responsibility, and honesty and how they are important in learning about compassion. Define the meaning of compassion. Ask students to give examples of how compassion was shown by the characters in *The Jungle Book*. For example, Raksha showed compassion for Mowgli by taking him in after she found him alone as a result of his parents' death at the hands of Shere Khan. This was her way of showing that she cared about him. On the other hand, Shere Khan is a perfect example of an animal that does not show compassion. His character traits include greed, cruelty, and insensitivity.

When you show compassion, you show you care. Ask for student volunteers to share instances

where they have shown compassion in their lives to other people. What does being compassionate look like? Model some common things that people say to one another to show compassion. Students can practice being compassionate with a partner by showing that they care by asking about their partner's life, offering caring gestures, such as a pat on the back, or offering help.

### Learning Activity:

Next, ask students to brainstorm a list of qualities that make up a caring and compassionate person and write their ideas on the board. Some examples may include kindness, helping others, love, sharing, and understanding.

Students will be using their lists to create a recipe for compassion. Show an example of a regular cooking recipe and ask students to describe the format of a recipe.

First, a recipe has a list of ingredients, and then it offers directions for how to make the dish. Students need to decide what ingredients they will choose to use for their compassion recipe and how much of each ingredient is needed. For example, two and a half cups of honesty or one tablespoon of caring. Next, students will write the directions for the recipe. For example:

*Start with a friendly smile. Add three cups of kindness. Sprinkle in one cup of understanding. Add a gallon of hugs. Mix in a tablespoon of love and a tablespoon of hope. Add one pat on the back. Top with frosty compliments.*

After students have written their first drafts, they can copy their recipe onto large recipe index cards.

## **Evaluation and Follow-Up**

### Assessment Tools and Methods:

After students have completed their recipe cards, ask for volunteers to share with the class. On the back of the recipe card, ask students to write one paragraph explaining one way they will show compassion to another person or animal this week. What will they do? What will they say? What characters traits will be utilized? Use the Ohio Writing Proficiency rubric for evaluating.

### Interdisciplinary Connections:

Math - Use the concept of making a recipe to introduce measurement of volume using cups, tablespoons, and teaspoons, as well as other units of measure. If the students had to double their recipes for compassion, what would that look like?

Reading - Read books about characters that are or are not compassionate. Compare and contrast their actions and behavior in regards to the reactions of other people towards them.