

Compassion



Exploring Compassion

Ask everyone to pick a partner.

Choose who will speak first and who will listen.

Tell Your Story: Choose a time when you have shown compassion to yourself, others or your community. We define compassion as empathy + action = compassion.

Facilitator Check In

- Everyone just take a moment to pause, notice how you are feeling in this moment, notice your thoughts, or how your body feels. Take note of this.

First Storyteller

2 minutes first storyteller shares their compassion story, partner actively listens.

1 Minute, the listener reflects what they learned, first storyteller listens and clarifies.

Switch

Second Storyteller

2 minutes second storyteller shares their compassion story, partner actively listens.

1 Minute, the listener reflects what they learned, first storyteller listens and clarifies.

Facilitator Check In

Take a moment to pause, notice how you are feeling after this exercise. Check in with your thoughts and how your body feels.

Facilitator Debrief

I would like to hear from a couple of you, who would like to share what they noticed?

You can have each person introduce their partner to the entire group (this takes time), making sure that they respect confidentiality. Or you could ask for a few people in the group to share what they learned from that experience. All answers are acceptable, it is important to honor the participants lived experience.

- How did it feel to tell your story?
- How did it feel to be listened to?
- What did you learn about compassion?
- Listener, what did you learn?