



A Small Act of Compassion

Me and Myself

My Day

1. Circle how you feel today.



2. Why do you feel this way?

3. What made you happy today?

For the teacher:

Ask the students to say briefly how they feel on this day and why. Ask them to think of something they are glad about, even if they do not feel happy, and note it.



Warm up



Complete this sentence.

If I notice that my friend is crying, I will



For the teacher: Ask a few students to answer this question in class.



Read and understand

Saving the Birds

One day, four men were riding their horses along a country road. It had recently rained, making the ground soft and muddy.

As they passed through a group of trees, they heard a lot of flapping above their heads and a soft chirping from the grass by the roadside.

"What's happening?" asked the first man.

"I think the storm blew two baby birds out of their nest," answered the second man. "They're too young to fly and their mother is worried about them."

"What a shame! They could get hurt," said the third man.

"Well, what can we do?" replied the second man.

And the three men rode away while the mother bird flew around, calling to her young ones.

The fourth man, whose name was Abraham Lincoln, stopped and got off his horse. He gently picked up the baby birds. He saw that the nest from which they had fallen was high, much higher than he could reach.

But Lincoln said, "Don't worry little ones. I'll take you back to your home."

He climbed up the tree and placed the birds, one by one, into their warm little home, where another baby bird was waiting. They all snuggled together and were finally calm.

Meanwhile, the three men had stopped at a spring to give their horses some water.

"Where's Lincoln?" one of them asked.

"He's probably stopped to help those birds," said the second man.



Soon, Lincoln joined them,
his shoes muddy and his coat
torn from the thorns of the tree.

"Where have you been?" asked
the second man.

"I took a moment to return the birds
to their mother," Lincoln replied.

"Well, we always thought you were
a hero," said the first man. "Now
we really know it!" They all laughed,
thinking it was silly to go to so
much trouble for some birds.

"Gentlemen," said Lincoln, "I wouldn't
have been able to sleep tonight if I had left
those little birds in the wet grass."



*Abraham Lincoln became a famous man and was the sixteenth president
of the United States of America.*

Adapted from Fifty Famous People: A Book of Short Stories

Answer these questions.

- What can we learn from the way Lincoln helped the birds?
 - Do you think helping animals is as important as helping people?
Why or why not?
- Why do you think the other men did not stop to help the birds?
- Do you think the three men changed their minds after listening to Lincoln? Why or why not?
- What would you have done if you had been one of the people in the story?



Do it yourself

Animals and birds face many problems. For example, birds sometimes fly into glass windows in tall buildings because they cannot see the glass.

One thing that we can do to avoid this is paste stickers on glass windows so that birds can see them.



Work in groups of five.

- Find out about problems that street animals and local birds face.
- Choose one problem and try to come up with a solution.
- Make a poster that shows the problem, your solution and a slogan.

Me and My Wellness

Complete this table.

A good thing that you did for someone	How did it make you feel?	A good thing that someone did for you	How did it make you feel?

21C Critical thinking, Communication, Collaboration, Creativity; **1L** SEL—self-awareness, Values—compassion, helpfulness, Wellness

Me and My World

Every community has people who may need help, like the elderly, people without homes or children who are sick. Showing compassion means finding out what they need and trying to help them.

Read this list. Think about the problems these people might face. Discuss how someone can help them.

- a classmate who is new to your school
- an elderly neighbour
- a child who is unwell and cannot come to school
- a person sleeping on the street



Now I know



Tick (✓) the correct columns.	I understand this.	I need to think about this.
I can show compassion by caring for others.		
Kind acts can make me feel happy.		
I can help the people in my community in different ways.		