

# The Compassion Project



**Recommended age range:**

Ages 7-11



**Time required:**

1 to 8.75 hours,  
depending on options selected



**Subject fit:**

Personal, Social and Health Education  
and Personal Development

**Full curriculum links** for all UK curricula are provided in the PowerPoint presentations.

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*Social emotional competencies, like compassion, not only prepare pupils to be able to participate in learning experiences, they also increase pupils' capacity to learn.*

**Joseph Durlak, PhD Emeritus Professor of Psychology Loyola University Chicago**

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## Research shows the benefits

Compassion is a social and emotional skill that increases our sense of wellbeing and, in schools, can improve the learning environment for everyone.

Through storytelling, reflection and rich interactive experiences, this course helps to build a foundation for compassion to take root. It invites pupils to engage with compassion in context and apply new skills, strategies and insights to their daily lives.

## About this course

The Compassion Project is designed for 7 to 11-year-olds and is the first course of its kind in the UK to teach primary pupils how to be compassionate and resolve playground disputes themselves. It teaches children to notice how others may be feeling and to think about different points of view to their own.

The course has been designed in partnership with teachers and subject experts, and needs minimal preparation: all the subject knowledge you need is built in.

The Compassion Project, is the only comprehensive, free programme of its kind. The PSHE Association has accredited the short blended learning course. The course is linked to national curricula in Personal, Social and Health Education and Personal Development.

Visit [everfiteachers.co.uk/get-started](https://everfiteachers.co.uk/get-started) to find out how to access this free course.

# Flexible delivery options



## Total time required

Three 45-minute lesson and one 60-minute course



## Explore topics including:

Defining empathy and compassion, identifying emotions, performing acts of kindness and practicing mindfulness.

## Modules

### Module 1

Understanding compassion. Build pupils' understanding of compassion and introduce a vocabulary of related words and concepts.

### Module 2

Understanding self. Help pupils understand the importance of treating oneself with kindness, concern and support.

### Module 3

Practising compassion. Illustrate what pupils can do each day to live more compassionately through action-oriented lessons.

### Get started today!

Visit [everfiteachers.co.uk/get-started](https://everfiteachers.co.uk/get-started) to find out how to access Compassion with your students.

### Always Free

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