

# THE KI REPORT

A newsletter on Kindness and Inclusion for Root Elementary parents and families.

## Character Word of the Month: Compassion

Shows kindness, caring, and willingness to help others.

## Lessons from Lavender

An expression of thankfulness or Compassion is sometimes hard to explain with words. In order to show compassion, you must understand empathy. Empathy is the ability to "put yourself in someone else's shoes" to understand what they are feeling. Showing compassion means using empathy to help the person in need by showing kindness and not expecting something back. In group this month, I will read books that show examples of compassion. We will also role play scenarios to put into practice showing compassion to each other. At home you can have conversations using starting statements to help further your child's understanding of compassion. **Some examples of those would be:**

"I show compassion at school by...."  
 "I show compassion at home by...."  
 "I show compassion in my community by..."  
 "To me, compassion is.."

The Root food drive is happening the first week of December, this is a way our school shows compassion to families in need, this would be a great lead in to discussing compassion.

### Reading Suggestions:

Each Kindness - Jacqueline Woodson  
 How to Heal a Broken Wing - Bob Graham  
 The Nice Book - David Ezra Stein

If you need assistance of any kind, please contact me at [jennifer.lavender@fayar.net](mailto:jennifer.lavender@fayar.net) or 479-445-1021.

## Compassionate Action

By Ms. Kimberly Purdy

*I began with the simple question, "What does compassion mean to you?" Kids and adults alike spoke of kindness, care and tangible action. Kids expressed excitement for hugging those who are sad and sharing even their most coveted toys while adults communicated the importance of listening to, learning from and serving one another. For most, compassion can be defined as a choice; one that requires us to step into another's shoes, growing us to understand them better and really see the experiences they walk through.*



*Scarlett Lewis, founder of the Choose Love Movement, teaches three steps for how to put our compassion into action. First, ask yourself, 'How does the other person feel?' Second, ask, 'How would I feel if the same thing happened to me?' Third, respond with compassionate action by doing something kind.*

*In the self-autonomous culture of today, this empathetic three-step process is often not instinctive. The overarching tendency, whether we like it or not, is to keep our eyes fixed mostly on the mirror. For me, this focus feels unsettling, especially when I consider the vast influence we have on the little ones around us, whether it be our own children or the diverse students we engage with daily in our classrooms. As I continue to wake up to life's winding ways, I see more and more a need for slowing down. In gliding instead of running, I have experienced greater connection with my students, co-workers and friends. These intentional days stand out to me, while the frantic stretches in between really are unmemorable. When I choose mindful connection, the needs of those around me are more visible, and the call for compassionate action is clear: Will I respond perfectly? Most certainly not. Will I try to show up with listening ears, an open heart and giving hands, regardless? You bet. In this process of falling short and trying again, I believe we develop a vital compassion for ourselves. Consequently, we pave the way for empathy and are better able to love one another in return.*

*This month, I encourage you to gather your kids alongside you and attempt to walk in kindness slowly, imperfectly, and of course, gently. Practice the three-step process with each person you encounter. A natural pattern of compassion may just begin to take shape not only in your home or your classroom, but most importantly, in your heart.*

