

# Compassion Project

“Compassion Through the Eyes of a Child”

The Appleton Area School District Art Department, in conjunction with the Trout Museum of Art, introduces the Compassion Project. This project involved the artwork of every art student in the school district. Over 10,000 students explored compassion and created 6” x 6” works of art that represented their interpretation of compassion. These were displayed at the Trout Museum of Art in May 1-June 30, 2011.

**Definition:** A deep awareness of and sympathy for another’s suffering. The humane quality of understanding the suffering of others and wanting to do something about it.

Compassion is caring about how others feel.

Compassion is doing kind and thoughtful deeds for people in need.

Compassion often means putting other people’s needs before your own.

## *Books*

*14 Cows For America*

*The Little White Owl*

*The Rainbow Fish*

*The Giving Tree*

*A Chair for my Mother*

Carmen Agra Deedy

Tracy Chapman

Marcus Pfister

Shel Silverstein

V. Williams

## *Media Resources*

**YouTube We are the World 25 for Haiti – Official Video**

<http://www.youtube.com/watch?v=Glny4jSciVI>

This 9 minute video was recorded by various artists to raise money for victims of the earthquake in Haiti. The “25” refers to 25 years since the song was originally recorded. It is an uplifting video for all age groups.

**YouTube Sarah McLachlan Animal Cruelty Video**

<http://www.youtube.com/watch?v=9gspElv1yvc>

Most students are probably familiar with this 2 minute video featuring Sarah McLachlan’s “Angel”. Appropriate for upper elementary and above.

**YouTube Ukraine's Got Talent Sand Art**

<http://www.youtube.com/watch?v=518XP8prwZo>

In this moving 9 minute video, the winner of Ukraine’s Got Talent 2009, Kseniya Simonova, 24, draws a series of pictures on an illuminated table of sand showing how ordinary people were affected by the German invasion during World War II. Appropriate for upper elementary and above.

**YouTube Extreme Poverty and Hunger**

<http://www.youtube.com/watch?v=xc2L2DkIK-w>

This 3 minute video takes a look at the extent of poverty and starvation across the globe. It contains scenes that are quite graphic and would be better suited to high school audiences.

### **Pay it Forward**

This 2000 film features a 7<sup>th</sup> grade boy who starts a good-will movement after receiving an assignment to devise a plan that will change the world for the better. Clips may be shown but should be monitored for language.

<http://www.youtube.com/watch?v=N0HtneOLrEc>

### **Berenstain Bears – Mighty Milton**

When a new cub at school is teased by Too-Tall and the gang for his lack of sporting ability, Brother takes it upon himself to help his new friend renew his self-esteem by finding value in the things he can do well. Appropriate for lower elementary students.

<http://www.youtube.com/watch?v=QAizcfF4PyE>

<http://www.youtube.com/watch?v=1zAph6E6qrs>

## *Quotes on Compassion*

### **Dalai Lama**

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

Love and compassion are necessities, not luxuries. Without them humanity cannot survive.

**Albert Schweitzer** The purpose of human life is to serve and show compassion and the will to help others.

I have always held firmly to the thought that each one of us can do a little to bring some portion of misery to an end.

Until he extends his circle of compassion to all living things, man will not himself find peace.

### **Robert Frost**

There never was any heart truly great and generous, that was not also tender and compassionate.

### **Confucius**

Wisdom, compassion, and courage are the three universally recognized moral qualities of men.

### **Buddha**

Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little.

### **Joseph Addison**

True benevolence, or compassion, extends itself through the whole of existence and sympathizes with the distress of every creature capable of sensation.

### **Arthur Schopenhauer**

Compassion is the basis of all morality.

### **Ralph Waldo Emerson**

The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

### **Terry Waite**

At the end of the day, love and compassion will win.

**Viktor Frankl**

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to choose one's own way.

**Albert Einstein**

A human being is a part of the whole, called by us, "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest -- a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.

**Lord Byron**

The dew of compassion is a tear.

**Joseph Butler**

Compassion is a call, a demand of nature, to relieve the unhappy as hunger is a natural call for food.

**Martin Lowenthal**

Compassion is a foundation for sharing our aliveness and building a more humane world.

**Louise J. Kaplan**

Children, even infants, are capable of sympathy. But only after adolescence are we capable of compassion.

**Frederick Buechner**

Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.

**Mason Cooley**

Compassion brings us to a stop, and for a moment we rise above ourselves.

**Kahlil Gibran**

The smallest act of kindness is worth more than the greatest intention.

**Buddhist saying:**

If you light a lamp for somebody, it will also brighten your path.