

**Character Outcomes**  
**Character Trait:**  
**Compassion**

K-2	3-5	6-8
<ul style="list-style-type: none"> <li>• I think and care about how others feel.</li> <li>• I try to help others with problems.</li> <li>• I show that I care for others.</li> <li>• I understand how someone else is feeling and I am sympathetic to their feelings.</li> </ul>	<ul style="list-style-type: none"> <li>• I am kind.</li> <li>• I understand that all of us have unique struggles and moments where we need help. My job is to reach out and give help or understanding when it is needed.</li> <li>• I try to understand another’s viewpoint.</li> <li>• I know what empathy means and sometimes I empathize.</li> <li>• I understand that sometimes my feelings aren’t always positive, but that I still need to be kind.</li> </ul>	<ul style="list-style-type: none"> <li>• I think about other people’s feelings before I open my mouth.</li> <li>• I care for others and myself.</li> <li>• I listen and support others who are troubled.</li> <li>• I think about someone else’s feelings before I open my mouth (18<sup>th</sup> century quote “Speaking before thinking is like shooting without aiming).</li> <li>• I do service to alleviate the misfortunes of others.</li> <li>• I give myself a break when I am feeling overwhelmed or in an uncomfortable situation.</li> <li>• I honor my own negative feelings without acting upon them.</li> <li>• I respect and encourage differing viewpoints.</li> </ul>

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 feeling 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.

- Albert Einstein