



# Year 7's Spring 1 Value



## Compassion



Compassion is about equality. It's treating a peer with the same kindness they would want if they were the one struggling with a heavy bag, a difficult math problem, or a falling out with a friend. At this age, compassion moves beyond just "being nice." It becomes an active choice to understand someone else's struggle and take **action** to help.

Transitioning to Year 7 often means parents feel a "pulling away" as children seek independence. Using compassion as a shared value allows you to stay connected to their world. Instead of asking about grades, asking, "Who did you see being kind today?" signals to your child that while their academic performance matters, their character is what truly defines their success in this new stage of school life.



### Questions/talking points for home.

LET'S TALK ABOUT IT

- How can you tell when someone is not OK?
- What helps when you don't feel OK?
- Why is it important to consider how someone else is feeling?
- Is there a time of day which you find tricky? Is this true for everyone?
- If you had £100 one Saturday to help someone in our neighborhood, what would you do and who would you help?
- What's the kindest thing anyone has ever done for you?
- Can you think of 3 random acts of kindness we could do as a family this week?
- How can we show kindness to someone who isn't being very kind to others?
- Is there anyone in your forms/classes who seems like they need a win this week?
- If your best friend made a mistake, what kind words would you say to them?
- How could you make a new family in the neighbourhood feel welcome?

Keep an eye (and an ear) out for examples of compassionate behaviour choices. The more we see and comment on it, the more frequent it will become!

Don't forget to email your compassionate conversations or ideas with us for x5 merits!

