

Resource Brief

EVERFI: The Compassion Project

Website:

<https://thecompassionproject.com/>

Grade Level:

Grades 2 - 4

Time:

Contains 15 classroom based lessons; approximately 30 to 45 minutes each including short digital activities

Cost:

Free

Additional supports:

- Resources for teachers, parents and children
- Animated videos
- Additional digital activity extensions
- Continual access to online “toolkit” of activities

Visit [EVER FI](#) website for additional resources.

Summary

The Compassion Project is a multimedia curriculum designed to help educators facilitate lessons around Fundamental Social Emotional Learning (SEL) Skills. It provides a scaffolded, framework for teachers to embed SEL skills daily into school, and allows students to build empathy as they explore multiple points of view. Compassion Project addresses resiliency skills of self-care, and mindfulness, identifying and practicing pro-social skills of compassion, empathy and teamwork. Objectives of the program include:

- Improved positive social behaviors and attitudes.
- Understanding and identifying compassion in self and others.
- Developing and practicing compassion skills
- Improved academic achievement and student motivation
- Opportunities for mindfulness and growth mindset
- Decrease in distracting behaviors

Considerations

The Compassion Project is an excellent resource for implementing Social Emotional Learning Skills in an elementary school. The multimedia curriculum offers a “toolkit” that educators can use to introduce fundamental skills to students.

Ideally, elementary classrooms will adopt a “framework” of social-emotional learning that provides opportunities for students to continue to practice the skills learning through programs such as the Compassion Project.

In August 2018, [NYSED posted guidance](#) to schools for implementing a social emotional learning framework, including benchmarks and resources.