

**BE KIND MOVEMENT**

**EMOTIONAL  
INTELLIGENCE**

**Series 4**  
**Social Awareness**  
**for 7-11 year olds**



# INTRODUCTION

Emotional intelligence (EQ) is the ability to understand and recognise your emotions, and also the emotions of others. Last week, we explored the EQ skill of Self-Awareness where we focused on qualities of assertiveness and integrity that help you to build your inner strength. Spending time building your inner strength and confidence is a way of showing kindness to yourself.

This week we explore Social Awareness which is an aspect of EQ which includes key life skills such as compassion and caring. When you have a strong sense of social awareness, it means you can accurately read situations, better understand people and empathise with their emotions.

Strong social awareness allows you :

- To form strong friendships and relationships;
- To show compassion and empathy when dealing with your family, friends, peers and everyone you interact with;
- To better understand strengths and weaknesses;
- To improve your social and emotional wellbeing.

# COMPASSION

History is packed with examples of brave and powerful leaders in the fields of medicine, technology, business and science. Today, we want to highlight and celebrate those individuals who showed extreme compassion in their lifetimes in order to make the world a better place.

Often being compassionate and putting yourself in the shoes of another can be the more difficult choice as it involves greater effort on your part. Our compassionate historical figures could have taken an easier path but they chose a tougher course of action.

So what are the qualities of a compassionate person?

- You take time to understand someone else's opinion by showing empathy;
- You help others;
- You're mindful of others feelings and show them respect;
- You express gratitude and;
- You don't prioritise money over feelings. You put emphasis on compassion and kindness.

Have a read of the historical figures overleaf now. Then make a list of the compassionate people in your life and be sure to let them know that you think they are kind and compassionate.

## Historical Figures who showed:



COMPASSION

EDITH  
CAVELL

Elizabeth Fry was a nurse during WWI on the Belgian front who saved the lives of soldiers from both sides equally.

When Germany successfully invaded Belgium in August 1914, Cavell then helped more than 200 soldiers escape to neutral countries where they would be safe.

In August 1915, she was arrested and tried by a German military court. She found guilty of "assisting men to the enemy" and, although diplomats from neutral countries tried to commute her sentence, she was executed in October 1915.

The night before her execution she confided to the reverend "I realise patriotism is enough. I must have no hatred or bitterness towards anyone.

Her compassion to all the soldiers in the middle of war shows how kindness does not exclude and can be found even in the darkest of places



# Historical Figures who showed:

**COMPASSION**

**JONAS**

**SALK**



Jonas Salk was an American scientist who developed the polio vaccine in 1954, saving countless lives. After his vaccine, the average US polio cases dropped from 45,000, 1953. to 910, 1962. Now Polio is nearly an eradicated disease.

He did not get support when developing the vaccine, and relied on volunteers when testing the vaccine, even testing it on himself.

What was endearing is that he refused to patent his vaccine, meaning he did not earn any money for people using his vaccination, considering universal vaccinations as a moral commitment.. This allowed the polio vaccinations to be distributed as widely as possible, far more than if he patented it. When questioned about his decision, he answered "Could you patent the sun?".

In 1960 Salk founded the Salk institute, a non-profit scientific institute. It is currently internationally recognised and is at the forefront in treating current diseases.



# Historical Figures who showed:



**COMPASSION**

**CHIUNE**

**SUGIHARA**

Chiune Sugihara was a Japanese Diplomat who helped saved the lives of thousands of Jews in Lithuania by handing transit visas so that they could flee Europe.

Sugihara was sent to the city of Kaunas in Lithuania in 1939 to serve in the Japanese Consulate.

At this point Kaunas was a small haven for refugee's from both soviet Russia and Nazi Germany. Soon it would be invaded by the Nazis and many Polish Jews were looking to escape.

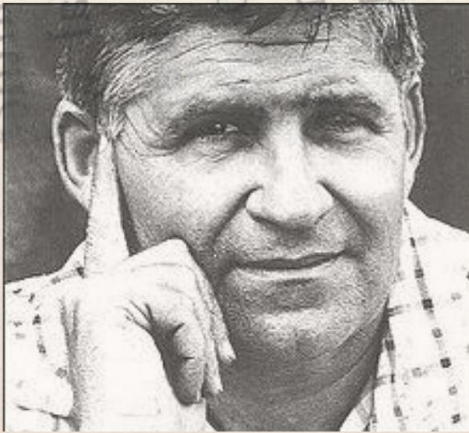
Despite being told not to issue visas to anyone without proper papers, he granted 2,139 transit visas to the refugees during the six weeks he was there, risking the lives of himself and his family.

This allowed them to safely travel through Europe and Japan, escaping Nazi persecution. His visas has been called "visas for life" and it is estimated he saved roughly 6,000 Jewish lives.

Sugihara has been declared "righteous among the nations" in 1984 by the Israeli nation that commemorates the holocaust, two years before he died.



# Historical Figures who showed:



**INTEGRITY**

**JOHN HOWARD**

**GRIFFIN**

John Howard Griffin was an American writer, most well known for writing about racial inequality.

He lived in France during the late 1930's, and confronted his own inner prejudice when witnessing black and white people eating in cafes without segregation. When the Nazis invaded France, Griffin became part of the French resistance, helping Jews escape to England. He then himself had to escape when the Gestapo tried to execute him.

After the war, to discover more about the treatment of black Americans, he made himself look like a black man and lived as one. He wrote his experiences of verbal, physical and institutional abuse in his book "Black Like Me" (1961). His book forced white America to realise their treatment of black Americans, and Griffin became a white spokesman for civil rights. He saw this difficult as he found it "absurd for a white man to presume to speak for black people when they have superlative voices of their own".

His work highlighted the injustice to black Americans and made white Americans confront their own prejudice on the eve of the civil rights movements.

# COMPASSION

Compassion is not simply an emotion that you feel, but it is a habit you can build. The more you practice compassion, the easier it becomes. Being compassionate does not involve making big changes in your life. Small daily acts of compassion to those at school or to those at home is all it takes.

After all, you never know how your smile or a kind word or gesture can make the world of a difference to someone's life.

Our next activity involves completing a "Compassion Bingo" chart. You can play this task at home or complete it with friends at school. We have provided some blank spaces in case you think of a special activity or act that you know would be appreciated by others.

Have fun playing Compassion Bingo!



# COMPASSION BINGO

MAKE YOUR  
OWN!

DO ONE  
HOUSEHOLD  
CHORE

MAKE YOUR  
OWN!

MAKE A CUP OF TEA  
FOR SOMEONE YOU  
LIVE WITH

MAKE A SNACK  
FOR SOMEONE  
YOU LIVE WITH

SAY SOMETHING NICE  
TO  
SOMEONE

MAKE YOUR  
OWN!

HELP SOMEONE  
YOU LIVE WITH  
WITH A TASK

MAKE YOUR  
OWN!

TICK OFF THE  
SQUARES FOR  
EVERY KIND DEED  
YOU DO

MAKE YOUR OWN: THINK OF  
SOMETHING SPECIAL AND  
INDIVIDUAL YOU CAN DO FOR THE  
PEOPLE AROUND YOU

# CARING

Kindness and caring are qualities that we learn over time. These are often qualities we recognise when our family or friends treat us with care or when we treat our friends, family and loved ones kindly. However not everyone in our world is treated with care and compassion, and that is because not everyone is seen to be equal. Sometimes, people are seen to be at a disadvantage because they live in poverty or because of the colour of their skin, how they speak, the place they are born, or due to physical or mental disabilities.

When you have high social awareness, it means you're able to empathise with other people's emotions and situations. On the next page, you will learn of four groups of people who are just like you and me. and like us, they want:

- a better way of life for themselves and their children;
- for their children to be educated and not bullied,
- to not feel scared in their own home or when they walk down the street; and
- to be treated equally and with respect.



# CARING

Education gives us the power to understand and appreciate why refugees must leave their homes, or what the Black Lives Matter movement stands for. Education helps us to learn, to help and to care for those that need it the most.

What are the simple habits that help you become even more caring?

- Being friendly and grateful with people in your daily lives who serve you, such as a bus driver or a waitress;
- Stepping into the “caring and courage zone,” like comforting a classmate who is being teased or bullied for looking different;
- Helping your parents with setting the table or calling your elderly relative to say hello;
- Believing everyone has equal rights without judging anyone on the colour of their skin, religion, accents and appearances.

# THE POWER OF WORDS



## REFUGEE

A person who has been forced to leave their country in order to escape war, prosecution, or disaster



## ASYLUM SEEKER

A person who has left their home country as a political refugee and is seeking asylum in another country



## MIGRANT

A person who moves from one place to another, especially in order to find work or better living conditions



## BLACK LIVES MATTER MOVEMENT

This movement is defined as a non-violent civil disobedience in protest against racially motivated violence against black people.



# NOT EVERYONE IN OUR WORLD IS EQUAL

There are 22.5 Million refugees in the world

Over half of these refugees are children

In different parts of the world, people are sometimes forced to leave their homes.

There are 60 Million 'displaced' people in the world. That is 60 Million people who have been forced out of their homes

There are lots of reasons why people are forced out of their homes, including; war or fighting between different groups of people; being discriminated against and speaking out against their government

The Black Lives Matter movement fight for equality for black people, so they can be treated the same as white people, and not be discriminated against for the colour of their skin

