

The Compassion Pledge

ACTION

Watch and Discuss the Story of Stuff on Youtube

Watch and Discuss Show Me What You're Made of on Youtube or BBC Iplayer

I pledge to be **Courageous and Kind,**
To open my heart, and open my mind.

ACTION

Watch and Discuss Kid president - How to change the world on Youtube

I pledge to reflect on the stuff that I own
& consider their journey to get to my home.

ACTION

Visit Children in Crossfire's website and take part in Going on a Journey online activity

I pledge to ask questions about poverty and wealth
& explore how injustice is linked to myself.

ACTION

Watch and Discuss Global Wealth Inequality on Youtube

I pledge to ask why I know the stories I know &
I pledge to take action for peace and justice to grow.

ACTION

Watch and Discuss Rami My Journey on Youtube

Explore The Resilient Zone Exercises on the back of this poster

I pledge to keep going, not give up when it's tough,
To stay resilient, creative & to know I'm enough.

ACTION

Organise a litter pick and plant trees

I pledge to be grateful for the birds, plants and trees
To walk gently on earth, to protect her seas.

ACTION

Research and Explore the Meaning of Diversity

Be kind to people who are excluded

I pledge to celebrate the diverse life on land,
When someone is struggling, I'll offer a hand.

ACTION

Discuss the meaning of the word compassion

Discuss why compassion is important for yourself, others and the wider world

Discuss why it takes courage to be compassionate

I pledge to act with a compassionate mind
But most of all I'll be courageous and kind!

Sign here to pledge your compassion

The Resilient Zone

Like the rhythms of nature, our bodies have natural rhythms too. The nervous system is one of our natural rhythms. When the nervous system is in balance we feel like our best self. This is called our Resilient Zone (RZ). When we are in the RZ, it is easier to respond to life's stresses and to interact with people from a place of clarity and peacefulness.

Sometimes when our bodies are out of balance they get stuck in the energy of stress. Then we are outside our RZ. Our bodies may be amped up and stuck in a Hyper-Arousal Zone, or numbed out and stuck in the Hypo-Arousal Zone. Sometimes we bounce between the High and Low Zones.

'Triggers' are things that remind your nervous system of distressing events, or trick your nervous system into thinking you are in danger. Triggers can include people, places, sounds, body sensations, words, and/or smells connected to distressing events in your life, and they can cause you to be bumped out of your RZ. For some people, there can be so many triggers that they cannot access their RZ for much of the time.

Note

The RZ is an internal state of adaptability, flexibility, cognitive and emotional equilibrium

When we are in the RZ, we can better navigate the challenges in our lives, and participate in day to day interactions from a place of wellbeing and inner peace

When we become more aware of our internal RZ, we can learn to track sensations of distress and apply tools to help us return to our RZ.

Helping Pupils Access their Resilient Zones

Step 1: Grounding

- Feel your feet on the ground
- Feel gravity
- Feel the pressure of your body on what is supporting it
- Feel the texture of objects with your fingers. Concentrate on the sensations running through your fingers and hand
- Put both index fingertips together. Concentrate on the sensation of one fingertip. Concentrate on the sensation of the other fingertip. Concentrate on the sensations of both fingertips together
- Name details of what you touch, see, hear, smell and taste at this moment

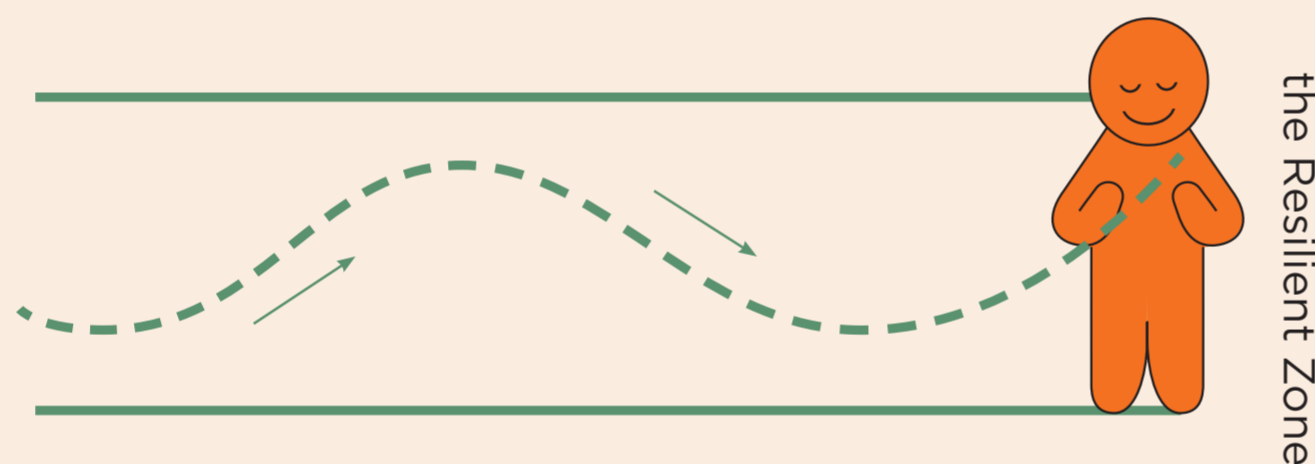
Step 2: Tracking

- Set aside some time in your day to invite pupils to pay attention to the sensations in their bodies
- Invite them to identify if the sensations are pleasant, unpleasant or neutral
- Explain that these sensations are like little clues to help us figure out if we are in or out of our RZs
- Invite pupils to behave like scientists who are observing their sensations, and working out how the sensations make them feel
- As a follow-up reflection, invite pupils to identify various emotions. Invite them to describe what this emotion feels like in the body. How does the emotion become a whole body sensation? This can be completed as a visual representation or through journal entries or a poem

Step 3: Resourcing

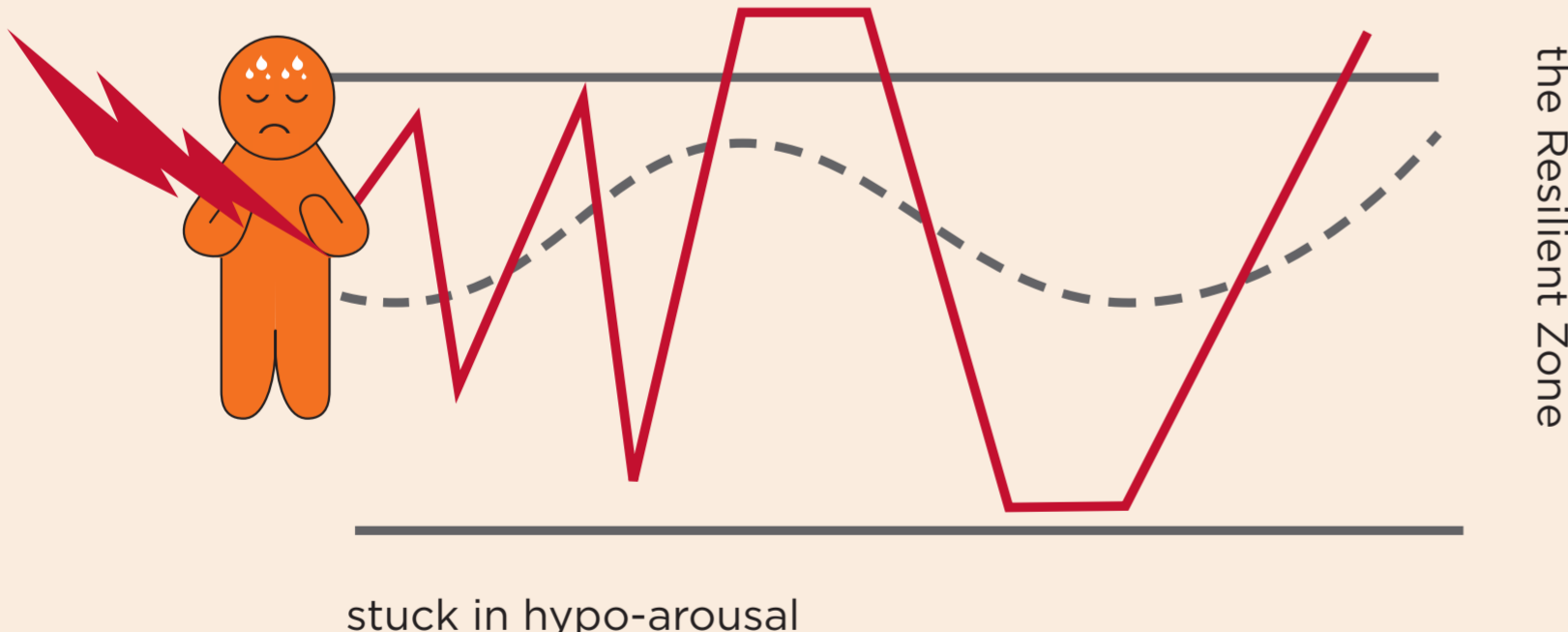
- Invite pupils to think of a person, place, thing, memory, or a part of themselves (physical or personality trait) that makes them feel calm, pleasant, peaceful, or strong
- Invite them to focus on the sensations in their bodies
- Once again, invite pupils to behave like scientists who are observing these specific sensations
- Invite pupils to challenge themselves to stay with the thoughts and sensations for a period of time, and build their inner strength to feel calm, pleasant, peaceful or strong. Explain to pupils that this helps build our 'RZ muscle', and can even widen our overall RZ

Visual Representation of the Resilient Zone



the Resilient Zone

Knocked out of the Resilient Zone



the Resilient Zone

stuck in hyper-arousal

stuck in hypo-arousal



Hyper-Arousal

A state of increased tension and anxiety of real or perceived threats: The body's alert system causes your heart rate to speed up, and breathing to become faster and shallower. It also slows down digestion. This 'amping-up' of the nervous system happens without thinking, and it leaves us in a state of constant 'flight' or 'fight mode'



Resilient Zone

A state of inner equilibrium: Our thoughts, feelings, emotions and sensations are congruent, and we can participate in life and face challenges from a place of wellbeing



Hypo-Arousal

A state of increased disengagement and disassociation: The body 'crashes' into numbness, lethargy, sadness or depression

Note

Working in the RZ will help pupils develop insight into the link between thoughts, feelings, actions and behaviours

Working in the RZ will help pupils cultivate a core wellbeing strategy, and will help create a safe space for exploring controversial and global justice issues

Working in the RZ provides pupils with a practical tool as a basis for cultivating empathy and compassion for themselves, others and the wider world