

Humility

Teaching learning activity

Caring, Listening, and Resilience

Goal: Compassion practice to see that we human beings are similar in many ways.

Students face each other and silently repeat phrases about the person across from them: "Just like me, this person has known physical pain. Just like me, this person has done things she regrets. Just like me this person wants to be happy..."

They can add phrases that are more personal by bringing others to mind: "My partner is stubborn just like me, My client holds grudges just like me ..." also positive examples including generosity, happiness, etc

The exercise ends with wishes for well-being to their partner and the ones not present: "may you be free from pain and suffering, may you live with ease in the world, may you be happy."

Ref: Barbezat, D. P., & Bush, M. (2014). Contemplative Pedagogy in Practice: Two Experiences. *Contemplative practices in higher education: Powerful methods to transform teaching and learning* (1st ed, pp.39-66) John Wiley & Sons.

Compassion Practice: Just Like Me Instructions

A practice to see the similarities between all human beings.

Students sit in pairs and are asked to become aware of the person sitting in front of them. Sensing that the other student is a human being just like them.

They are instructed to silently repeat some phrases, while looking at their partner. It is about realizing that the partner has a body, mind, emotions thoughts just like the student does. Moreover realizing that the partner has been sad, has suffered pain and wishes to be free from the pain just like the student does. After this part the students repeats wishes for the partner e.g. strength, resources, social support. Ending with the sentence: "Because this person is a fellow human being, just like me."

For more specific instructions see page 180.

Ref: Barbezat, D. P., & Bush, M. (2014). Compassion and Loving Kindness. *Contemplative practices in higher education: Powerful methods to transform teaching and learning* (1st ed, pp.174-188) John Wiley & Sons.