



## Lesson Plan One

# Heal and Excel Through Compassion

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The Healing Species

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*“Our task must be to free ourselves by widening our circle  
of compassion to embrace all living things.”*

—Albert Einstein



## Note to Teachers:

Each student should be offered a separate manilla folder for all Healing Species materials, handouts, reference information, addresses, and assignments. These folders and the index cards used in Lesson Five are the only materials supplied by teachers, except for photocopies of student handouts.

Tell the “Law School Story.”

In law school, year one, students are given one manilla folder with important papers. The folder is signed by the teacher. It is to be brought to class each week, as the papers are used in class. At the end of the year, that same manilla folder is to be turned in with the final assignment. If the folder is coffee-stained, bent, torn, dingy, or smudged, *one full letter grade is dropped* from the student’s final grade.

**Teach responsibility—“no excuses” mentality.**

## Topics:

- compassion—in order to heal, to excel, to thrive
- compassion—despite circumstances—to be an “overcomer”
- practical examples of acts of compassion

## Items needed:

- two “Logic Circle” handouts
- class activity sheet
- two brochures
- “Think Positive” handout

[All included in Manual. Photocopy for each student.]

## Teachers:

See if your students can figure out the answer to this question by the end of the Lesson Plan Manual:

In the book of Genesis, what was Adam’s first job?  
[The answer is at the end of Lesson Eleven.]



## Outline:

The story of Gravey

They had lost their hearts.

They could see Gravey, but could not *see* Gravey.

I must come in love and healing, not hate.

It's your heart, keep it. You deserve it. Don't let anyone steal it from you.

But what if it's breaking?

Three things:

If in danger . . . tell.

Let your heart break . . . grieve.

But you then must go mend it, repair it.

How?

By giving love, nurturing.

But what about to the perpetrator who hurts you?

Absolutely not. You may need to let them go, walk away.

I don't care what Stepmom, Granddad, Uncle, Stepdad, or even Mom or Dad is doing—I'm talking to you. You be the one to break the cycle. You rise above.

Better to have a heart that breaks, than to lose it altogether.

Without our hearts, we end up in jail.

We may all know or love someone in jail. That's OK. But—

You do not belong in jail.

Who's cooler now? [This theme will be revisited in Lesson Two.]

You can be anything you want to be.

First "see it"—then, work hard.

How? Author Dr. Wayne Dyer says, "If you can see it, you will believe it. If you believe it, you can be it."

Visualize/Dream exercise

If you don't see it, I can't see it for you. Keep trying.

Tiger Woods, just like Gravey, didn't start out with circumstances so beautiful and easy.

Death threats. . . He was even sent home from certain golf courses.

Began practicing nine hours a day so no one could send him home

Did he go "get even," go get a gun, feel hate?

No. He said, "I'm important, I'll show I'm important with my good heart and good work"

Work hard. How?

Another example: Oprah Winfrey, molested when a child

She told someone and went to a safe place to live.

Worked hard

Kept her heart—*most important*

Empowering Exercise: You be the important person

Can you . . . even at age six? . . . Yes, you can.

I'll help you. Here's how—

Better yet, what could you do on your own?



Practical kindness tips:

Tied on?

Jumps? Here's why. Here's what to do.

Chews everything in sight? Here's why. Here's what to do.

Refill water. Help. Buy a dog house.

Never "purchase," only adopt.

Brief discussion on puppy mills

Spay and neuter.

Dogs are social. They love to interact and play.

Homework assignment. See other student responses.

If someone is cruel to you—how can you look at them? Perhaps with sympathy, because someone was cruel to them, and they are passing it on. They don't know better, they are not smart like you. Let them go, move on from them, walk away from them, even if it is your caregiver. We will help you find a safe house.

How many of you see yourself, at some point in your life, winding up in jail, for at least some time? [In at-risk schools, where some parents are in jail or most students are on free lunch, many hands will go up. Our goal is to turn things around so that no hands go up at the end of our program when we ask this same question.]



■ **Introduction**

Good morning. I'm Miss Cheri and this is Lizzy. We've come to talk with you today about some important things.

■ **Reassurance**

If you are afraid, that's OK. You do not have to touch Lizzy. She will remain on the leash. You may sit at the back of the room if you prefer. If you sit quietly and listen, you will have a chance to pet Lizzy if you'd like.

■ **Visiting Animal's History**

I want to tell you a story about Lizzy. When I found her she was on the side of the road with her brothers and sisters. She had been left there and was starving and thirsty. She had never had a bath and she smelled so bad, my husband had to stop the car and throw up. She and her brothers and sisters were covered in munge. She had been discarded as trash. No one ever loved her, but today she is an important teacher and healer and goes all over South Carolina teaching students.

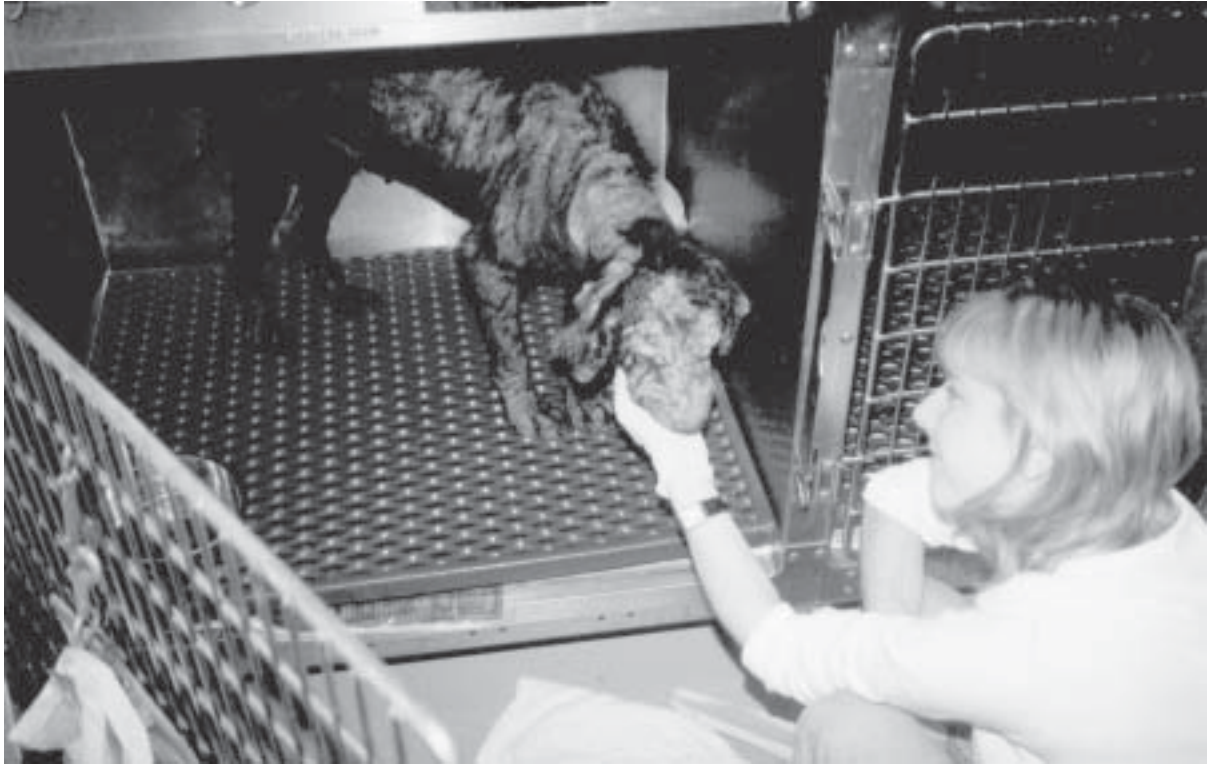
■ **Gravey**

**Show happy picture of Gravey first. Then show sick picture of Gravey.**

I want to tell you another story about my dog Gravey.

This is Gravey. She is happy and lives with Miss Cheri. But things did not start out so beautiful for Gravey. This is how she looked when Miss Cheri first found her. Miss Cheri was driving her car and had to pull off the road and stop the car to cry. She rolled down the window and said, "I'll come back for you, little dog, and feed you and take you." Miss Cheri went to get dog food for Gravey, but Gravey was shy of people. It took one month for Miss Cheri to touch her. Gravey lived in someone's yard.









■ **Could see Gravey, but couldn't see Gravey.**

■ **Do not lose your heart. It is your heart. You deserve it.**

■ **Without your heart, you end up in jail.**

■ **Three Things:**

(1) **Tell.**

(2) **Grieve.**

(3) **Heal.**

Many people might think, "Oh, I'd be so mad at those people, I'd want to show them. But Miss Cheri had to go in love and in healing, and say, "Can I please help you with your dog, and take her." She had no shelter, food, water, and it was sleeting. Miss Cheri thought, "Dear God, if this breaks my heart, I know it must break your heart much more."

It made Miss Cheri sad that the people who had Gravey could see Gravey with their eyes but could not see her with their hearts.

It was as if they had lost their hearts. We can each lose our heart. Can we get it back? Yes, if we want to.

Sometimes when we feel sad, or someone is hurting us, and our heart hurts and is breaking, we want to just take our heart and throw it away and be mean. If someone is mean to us, we want to be meaner. If someone is in our face, we want to get in their face. But you are better than that.

When your heart is hurting, what can you do? What if, when you go home, Mom is fighting and dad is fighting, and no one cares if you have homework, no one cares if you eat, and people are yelling at you, and telling you that you are no good. What can you do?

There are three things you must do.

(1) Tell if you are in danger. If your bones might get broken, if you might get burned, or if someone touches you in your private places, like where you wear a bathing suit on your body, then I want you to get help. Tell an adult who will believe you. You can tell your guidance counselor, your teacher, or a social worker. If none of them will help you, find someone else and keep telling. If no one will help you, you can write or call me.

[We recommend the videotape *Little Bear* by Kids' Rights. It is an excellent aid in helping children recognize and prevent molestation. Call 1-800-892-KIDS or 904-483-1100, or write Kids' Rights, 3700 Progress Blvd., Mount Dora, FL 32757.]

**■ Grieve**

- (2) Then you must grieve. Remember how Miss Cheri cried when she saw Gravey on the side of the road? She cried so hard. You may need to go find a quiet, private place and let your heart break and cry. That is a good thing. Maybe in your back yard or in your bedroom. Maybe in a closet or a bathroom. Do you know where Miss Cheri goes? Into her dog house. That's the only place she can have privacy. Weep. You may do this every day, or once a week, or once a year. It depends on what is happening in your life. You may need to cry over Mom who hurts you or has left you or Dad who is drunk, or because you have to leave home to be safe.

- It is better to let your heart break than to lose it. Why? Because you can fix it! Give love, but not to perpetrator.**

It is better to feel your heart breaking than to lose your heart.

- (3) Why? Because you can mend your heart. You can actually fix it!

How? By giving love.

To the very person who is hurting you? No! Forget them. Walk away from them. You may have to let them go, even if it is Mom or Dad. You are going to give love to some little animal who needs you or someone who needs you—maybe a little brother or a cousin. Or the very dog tied on in your own back yard. You are going to “rise above.”

I don't care what Stepdaddy is doing, or Stepmom or Mom—I am talking to you! You are going to show kindness and compassion. You are going to go mend your own heart by giving love to this animal who needs you. It is waiting, waiting, waiting, and nobody comes . . . nobody comes. But you go! Are you big enough to find a plastic container, an old Cool Whip container, and fill it with fresh water every day? Why would you do this? Because you are important. You are special. Practice being important!

**■ Tiger Woods**

Who knows who Tiger Woods is? He is a very successful golfer. He made sixty million dollars in 1999. Remember Gravey? Just like Gravey, things did not start out



beautiful for Tiger Woods. When Tiger first began to play golf, people were mean to him. Why? No reason; they were just mean. People can be very mean. They told him to quit playing golf. Some people threatened to kill him. When he went to play with his golf team, some mean people at the golf course made him leave and go home—he wasn't welcome to play there. What did he do? Did he go get a gun? Did he fill his heart with hate? Did he want revenge, to hurt those people back? No. He thought, "That's okay. I'm important. I will show I'm important with my good heart and my good work." And he began practicing golf nine hours a day so that no one could send him home.

■ **My good heart and my good work.**

Say it with me, "My good heart and my good work." That's what makes you special, unique—just like Tiger Woods. Do you think the people who were mean to Tiger Woods realize today they were wrong? Yes, I think so. He's famous now. He made sixty million dollars! That's the way to "show somebody"—don't let them make you lose your heart; don't let them steal your heart. If they are mean to you, you "rise above," heal your heart, and make your own success with your good heart and your good work.

■ **Oprah Winfrey**

Let's talk about Oprah Winfrey. She's very famous—she has her own television talk show. She is successful in her life, her career, and her family. Yet, like Gravey, things did not start out beautiful for her. In fact, when she was a young student, someone in her family molested her. They touched her where she wears a bathing suit on her body. They hurt her. What did she do?

■ **She told. She kept her heart. She worked hard.**

She told someone and went to stay somewhere else for awhile. She went to a safe house. She kept her heart, and she worked very, very hard. When she grew up, she made her television show a big success. And now she has her own book club, and people all over the world buy books in Oprah's book club, just because she says they're good.

**■ I want this for you.**

I want this for you: you be the next Tiger Woods or the next Oprah Winfrey. If someone is hurting you, you rise above them. How? You tell me how. By your good *what?* [Wait for response.] Your good heart and your good work. In fact, you can be anything you want to be in life. You can be a teacher or a guidance counselor or a doctor or a lawyer or a plumber or an artist or a business manager—maybe you will own your own business.

**■ Dream Exercise:  
Visualize**

Close your eyes and imagine yourself when you are twenty years old and working. You have finished high school or college or TEC, and you have a job. What will it be? Can you picture it right now? Are you a nurse? What kind of shoes do you wear? How do you wear your hair? Do you work inside or outside? Do you wear glasses? Do you wear a suit or jeans? Does everyone treat you with respect—because that's the way you treat everyone else?

**■ Anything you want  
to be**

There is a question asked of many famous and successful people: Why did you make it? They never say, "Oh, my Dad was rich," or "I was beautiful," or "I was popular." They respond, "Someone told me I could be anything I wanted and I believed them."

That's why I've come here today: to tell you that you can be anything you want to be! . . . but not if you lose your heart, not if you let mean people hurt you, and you let them take your heart away. You must have your heart. You must practice keeping your heart, the same way Tiger practiced golf for nine hours a day.

**■ Practical Examples:  
Ways to keep your  
heart. Ways to show  
compassion.**

Let's talk about some examples—ways you can show kindness. Do you know of a dog that jumps all over you when you walk up to him? Why does he do this? Because he's lonely—he just wants love, like every living thing. Dogs love to play, to run, and to make friends. They need you to be their friend.

**■ Training**

Let's say you are trying to train your dog. Did you know the police who train their dogs to run and chase and get the "bad guys" teach their dogs with love? They call it



positive reinforcement. They show the dog what they want him to do and then reward him when he does it. They never hit or yell at him.

Some people think, “I’ll be mean to my dog so he’ll be a watchdog.” Being mean doesn’t make him a watchdog—it just makes him mean. And he will be mean, for no reason, even to people you like. If you want your dog to protect you, you must love him. In return he will give his life for you.

There is no good reason ever to be mean. I don’t care what anyone else in your family does. You are now smarter; you have learned better today. You tell them, with respect, “I wish you would not be mean. I don’t like it and I don’t think it’s funny.” Then you leave, just walk away. If you are afraid for the dog, call the humane shelter. You be the bigger person. You be the one who does the right thing. You must always practice being kind. You “rise above.” Say it with me, “rise above.”

■ **Refill water everyday.  
Buy Igloo. Never  
purchase; only adopt.**

Let’s talk quickly about things you can do.

—Refill water everyday.

—Buy Igloo dog house. [The Healing Species will match the funds to cover the cost.]

—Never purchase, only adopt. [See “Puppy Mill” brochure and “Not Our Property” brochure.]

—Play. Dogs are social. They **have** to play and interact. They can suffer from loneliness, depression, and the elements.

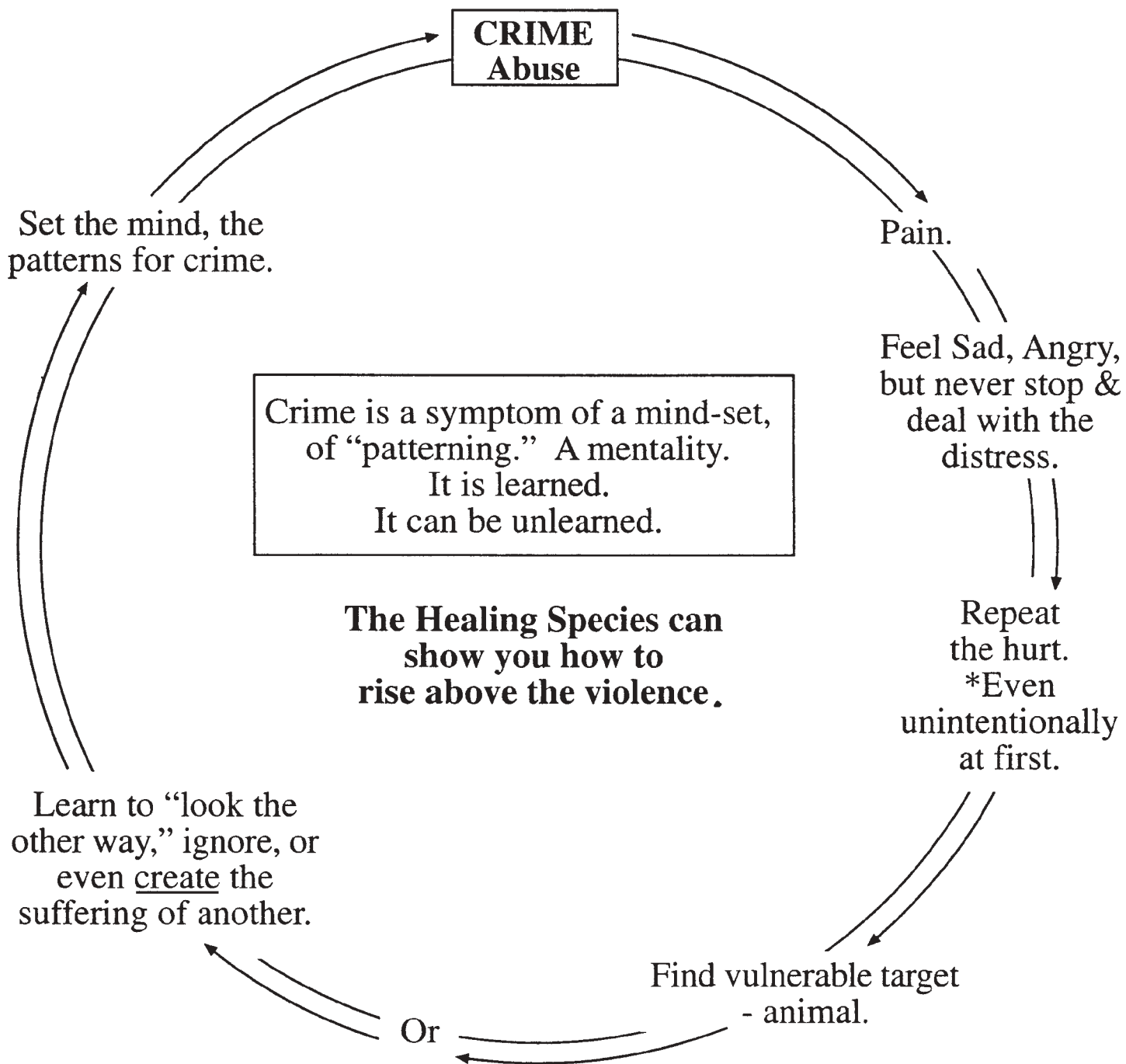
—Help someone else who needs assistance—dog food, vet care.

What if someone rushes up to you on the playground and talks mean about your brother, or you, or snatches your paper? Practice saying with me, “Man, I’ve got more important things to do. Forget you.” Say to yourself, “I’ll show I’m important with my good heart and my good work.” Let me ask you, your good what? And what else?



If you can go two weeks, or until we meet again, without getting written up, or probation, we will have pizza in here the next time we meet. But if one person gets it, no pizza party. Here's the catch, I will not know who it is. I don't care. So you cannot say, "Ha, ha. 'So and So' is going to keep us from our pizza party." I won't know who it is. Therefore, your job is to help him. Your job is to work together, and say, "So and So, don't let them get to you, man. Remember we've got more important things to do. We've got a pizza party."

**This tradition ends in misery, jail, pain.  
Rise above it. You are better than this.  
The Crime Cycle.**





## **Think Positive**

*Inspirations from one of America's Greatest Motivators*

**by Norman Vincent Peale**

If you want to get somewhere, you have to know where you want to go and how to get there.  
Then never, never, never give up.

The secret of life isn't in what happens to you, but what you do with what happens to you.

Help other people to cope with their problems and your own will be easier to cope with.

Never use the word "impossible" seriously again.  
Toss it into the verbal wastebasket.

Self-trust is the first secret of success.  
So believe in and trust yourself.

Stand up to your obstacles and do something about them. You will find that they haven't half  
the strength you think they have.

Joy increases as you give it, and diminishes as you try to keep it for yourself.  
In giving it, you will accumulate a deposit of joy greater than you ever believed possible.

How you think about a problem is more important than the problem itself—so always think  
positively.

Go at life with abandon; give it all you've got.  
And life will give all it has to you.



# The Healing Species

Animals Healing the Criminal Heart

Director, Cheri Brown Thompson, Attorney at Law

NAME \_\_\_\_\_ GRADE \_\_\_\_\_

SCHOOL \_\_\_\_\_ TEACHER \_\_\_\_\_

Please draw a picture or write a few sentences about ways you can keep your heart and practice being important. Why is it important for you to keep your heart? Are you powerful enough to “rise above” what you may see others do, maybe even other family members? The answer is Yes!

Name: Lexie Alderman Teacher: D. Singleton

School: Blaney  
Date:

Guidance Counselor: G. Brown-Kaiser

Please draw a picture or write a few sentences about what Miss Cheri talked about today. Explain or draw some ways that you can "keep your heart", show kindness, and practice "being important." Do you know why this is important for you in your life? Are you powerful enough to "rise above" what you may see others do, maybe even other family members? The answer is yes.

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We can save our selfs.

You can save your self

because you have your heart and it will brake

If dont lesson to yourself

I am sorry about your  
to dogs.



Counselor

Your teacher will mail these to the Healing Species, P.O. Box 1202, Orangeburg, SC 29116.

Your work may be used in our calendar or other publications. Thank you.

Student's Name Casi Jenkins Date 11-8-00

School Springdale Elementary Guidance Counselor Mrs. Haley

I learned that you shouldn't hurt a dog just because it is jumping. It is jumping because it needs love just like every other living thing does. I also learned that if another person that you know is telling you that you are nothing & putting you down, you just let your heart break and then mend it back together by helping & loving someone. I would also like to write you another letter about something personal.

Draw a picture or write a few sentences about what you learned. Your entry may be picked to appear on our Healing Species Calendar or Books!!

Student's Name Whitney Myzer Date 11-8-00

School Spindale Elem. Guidance Counselor Mrs. Haley

Don't hurt other people because it will only get you in jail. I also learned to mend your heart don't throw it away. Don't be mean just because some one has been mean to you.

Draw a picture or write a few sentences about what you learned. Your entry may be picked to appear on our Healing Species Calendar or Books!!

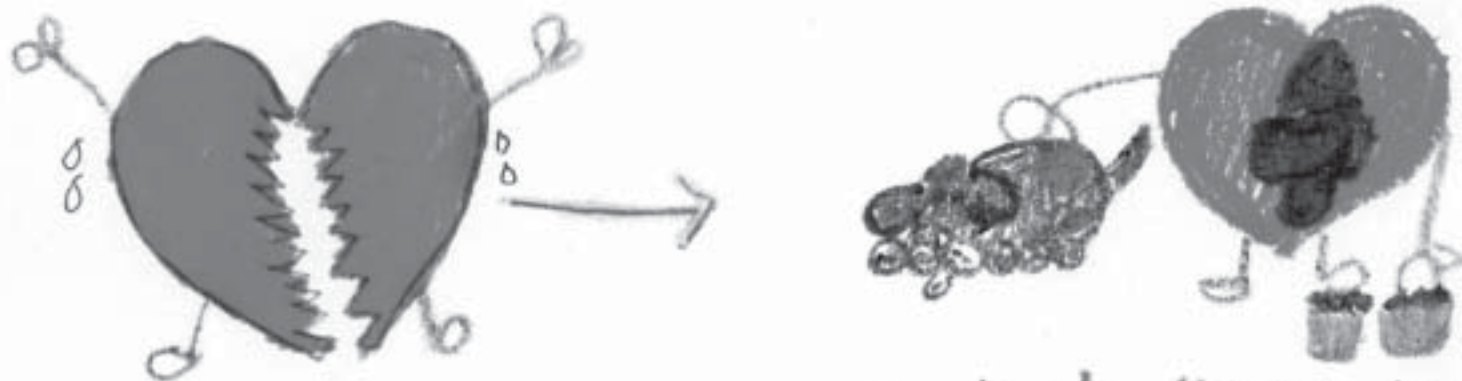
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Student's Name Katherine

Date Nov, 9, 2000

School Springdale Elem

Guidance Counselor Mrs. Hayley



Let your heart break but, keep it  
and heal it.

Draw a picture or write a few sentences about what you learned. Your entry may be picked to appear on our Healing Species Calendar or Books!!

Name: Whitney Tucker Teacher: Norton

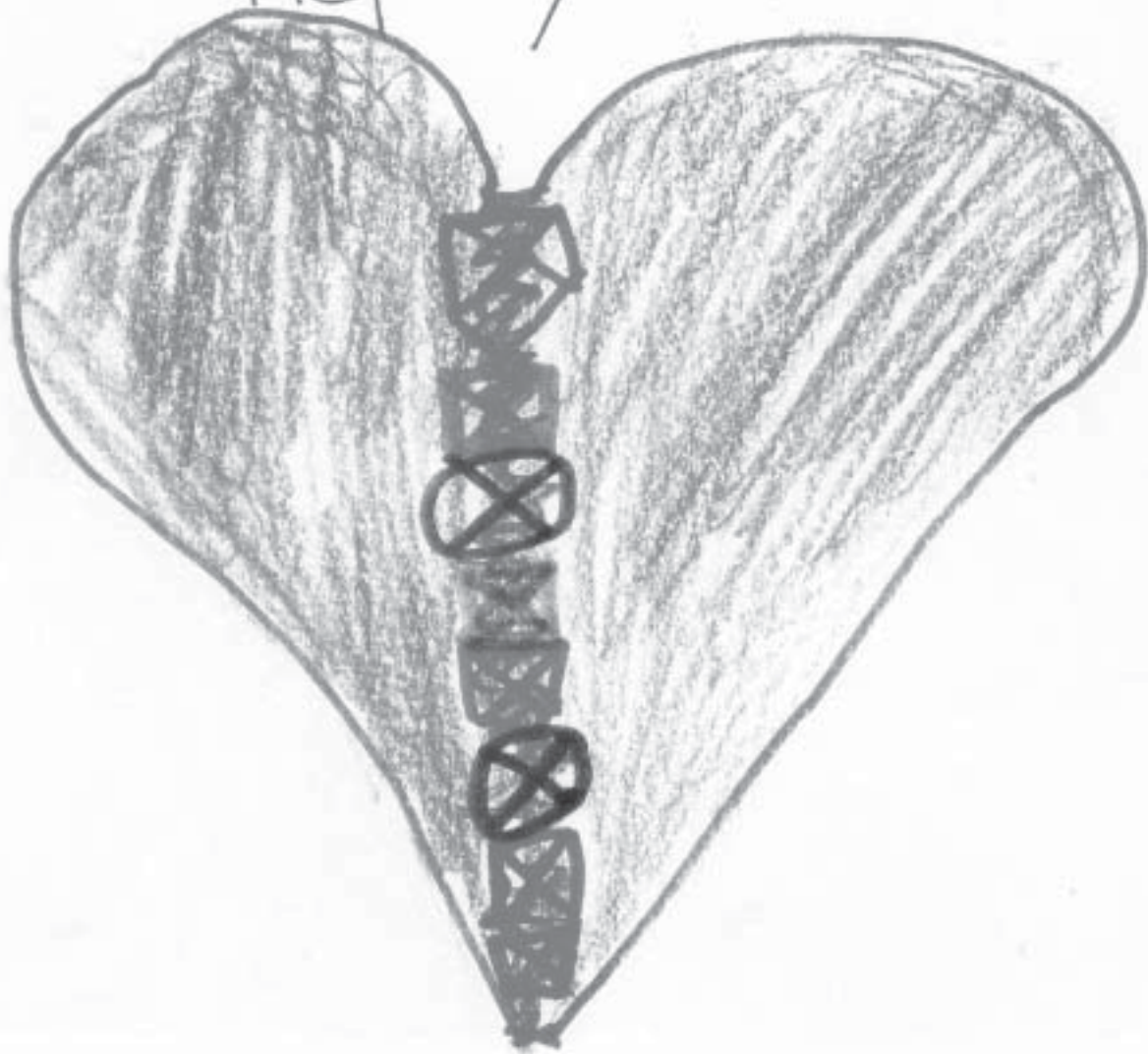
School: Blaney  
Date:

Guidance Counselor: G. Brown-Kaiser

Please draw a picture or write a few sentences about what Miss Cheri talked about today. Explain or draw some ways that you can "keep your heart", show kindness, and practice "being important." Do you know why this is important for you in your life? Are you powerful enough to "rise above" what you may see others do, maybe even other family members? The answer is yes.

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“Repair your Heart”



*Counselor*

Your ~~teacher~~ will mail these to the Healing Species, P.O. Box 1202, Orangeburg, SC 29116. Your work may be used in our calendar or other publications. Thank you.



11-21-00

Dear Theri,

Thanks so much for coming. The children really enjoyed your visit.

Student Council has chosen to help raise food, towels, etc. for an animal shelter. They are hoping we can work it out that we can deliver the items and stay a while to work and play with the animals.

I liked your message. It reinforced what they hear at Springdale.

I read through these papers; there was only one I wasn't aware of.

Sincerely,

Carolyn Haley





## Follow-up Questions for the Class

1. Is it possible to “be better than” others who hurt us by healing our own heart and being responsible for our own actions?
2. What are the three things you must do to heal and keep your heart?  
(1) \_\_\_\_\_ if someone is hurting you. (2) Let your heart \_\_\_\_\_ because you can fix it back together again when you (3) give \_\_\_\_\_ to someone else.
3. You do not owe love to the very person who is hurting you. Instead, you may need to walk \_\_\_\_\_ from them and let them \_\_\_\_\_.
4. They could see Gravey with their eyes but could not see Gravey with their heart. What does this mean?
5. What are some ways you could show compassion?
6. Who are two people we talked about who kept their heart even when others were very mean to them?
7. Did those two people end up winners? Today, what have they earned because of their good heart and good work?
8. I can show the world that I am somebody important with my good \_\_\_\_\_ and my good \_\_\_\_\_.
9. Is it fair to mistreat a dog or not give him proper shade, shelter, food, water, or love?
10. When I mistreat others, even my dog, I tell everybody that I am mistreated and that I am just passing it on. Can I be bigger than this and show the world that I am a winner, and show my winning by how I treat others?



**ANSWERS TO FOLLOW-UP QUESTIONS:**

1. Yes.
2. tell  
break  
love (or kindness)
3. away  
go
4. When we see with our heart, we have feelings for others and do not want them to hurt or suffer. When we ignore the pain of others, we are losing—not *seeing* with our heart.
5. Offer food, water, play, vet care, petting, etc.
6. Tiger Woods  
Oprah Winfrey
7. Yes.  
Success, money, golf wins, ownership of TV show, happiness.
8. heart  
work
9. No.
10. Yes.