

AUGUST 2017

POWERFUL PROJECT

COMPASSION

AGES 7 & UP



FIRST & LAST NAME: _____

This month we are talking about compassion. Compassion is the emotion we feel when others are suffering that makes us want to help them! Empathy + Action = Compassion! Below, imagine how your friend would feel in each situation. Then determine how you would show compassion and how your compassion could help your friend feel better!

One of your best friends found out s/he's moving away. How might s/he be feeling? _____

What can you do to help your friend feel better?

How can your compassion help your friend? _____

A friend made a mistake in a competition. How might s/he be feeling?

What can you do to help your friend feel better?

How can your compassion help your friend? _____

A friend is in the hospital with a broken leg. How might s/he be feeling?

What can you do to help your friend feel better?

How can your compassion help your friend? _____

