



Compassion TAKE HOME

This month, we're exploring EMPATHY & COMPASSION: Exploring how to understand what someone else is feeling and wanting to alleviate their suffering.

- **Family Scavenger Hunt**

This can be done at any store

- Walk down 5 isles and pick up any items that you see on the ground
- Let two people go ahead of you in the checkout line
- Return 3 shopping carts to their proper place
- leave 5 anonymous happy notes or pictures on peoples cars
- Help a local charity by donating food, toys or books. As a family, fill up a box with unwanted items and donate them to families who may need them!
- Write Thank You letters to your mail carrier, garbage man and any other community service jobs that are in or around your community.
- Create your own Random Acts of Kindness Challenge for your family to participate in.

Additional reading/viewing:

Elementary:

- I am Love: A Book of Compassion by Susan Verde and Peter Reynolds
- You, Me and Empathy by Jayneen Sanders
- Chocolate Milk, Por Favor by Maria Dismopndy

Upper Grades:

- Wonder by RJ Palacio
- Pay It Forward by Catherine Ryan Hyde

Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives (km365.org).

Visit kindnessmatters365.org/connect or email info@km365.org to sign up for our emails and newsletters.

KINDNESS MATTERS 365™

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