



Compassion PROGRAM TAKE HOME

This month, we're exploring COMPASSION: The ability to understand and feel what someone else is feeling; as well as a desire to alleviate someone else's suffering. Consider what we can do to truly understand (not assume) what someone else is feeling and needing. Then, work together to create solutions that alleviate someone else's suffering. Remember, we can show compassion to ourselves and other people, animals, and beings!

Some activities to try at home that put what discovered about compassion into action:

- **Family Scavenger Hunt**

This can be done at any store

- Walk down 5 isles and pick up any grocery items that you see on the ground and return them to a store worker.
 - 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 people's cars
- **Family Fun Time:** Take turns listening to each other when sitting around the breakfast, dinner, tv table engaging in eye contact, nodding, and being an active participant while unplugging from all devices. Try showing respect without judgment and acknowledging all the different feelings that may come up.
 - 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
- [A Journey Within](#) by Piccadilly

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](https://www.kindnessmatters365.org)).

Visit [kindnessmatters365.org/connect](https://www.kindnessmatters365.org/connect) or email info@km365.org to sign up for our emails and newsletters.

KINDNESS MATTERS365™

KM365.ORG | FB [@kindnessmatters365org](https://www.facebook.com/kindnessmatters365org) | IG [@kindnessmatters365](https://www.instagram.com/kindnessmatters365)