

COMPASSION means understanding other people's feelings, and wanting to help make them feel better. When we act with COMPASSION, we show kindness, understanding, and put others before ourselves. To understand how we can do that, read the stories below. Then in the space provided, write how you would show COMPASSION to make that person feel better:

1) During recess, Judy's friends all pick sides for a game, but nobody picks Judy. You see her sitting on the steps, looking sad: _____



2) During lunch, Gilberto accidentally spills his lunch on the floor. Gilberto looks upset, and the other kids are laughing: _____

When we feel good, it's easier to help other people feel good, too. Below, list six (6!) things you can do to treat yourself with kindness and respect:

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____

In the space below, write as many ways as you can think of to show COMPASSION to others. Things you can do **every day** to make people around you (your mom and dad, brothers and sisters, friends, teachers, pets...) feel better:

