

COMPASSION is showing empathy and understanding for others, and a desire to help make them feel better. Showing COMPASSION to other people is part of what makes us martial artists: our desire to help others, to put them before ourselves. Read the stories below, then, in the space provided, write a sentence or two about how you would show COMPASSION in that situation: in other words, how would you try to help make that person feel better?

1.) During a birthday party at a friend's house, you notice that nobody is including Libby in the games: _____





2.) During recess, you see a bully picking on the new kid in another class. By the time you get over to them, the bully has gone, but the new kid is still there:

Fill in the blanks on the COMPASSION words below. Then, unscramble the missing letters to find the secret message:

UND __ RST __ __ D __ NG

EQU __ L __ TY

RESP __ N __ IBILI __ Y

RE __ __ E __ T

SY __ P __ THY

WELC __ __ E

Unscramble: _____

Secret Message: _____

Showing COMPASSION to the people around us every day is an important part of being a martial artist. Think of some people you're around EVERY DAY, then write at least one way that you can show that person COMPASSION on a daily basis:

Name	Daily compassionate act