Compassion
SEPTEMBER 2024

SAY IT:

Compassion: Caring enough to do something about someone else's needs

KNOW IT:

ASK A GROWN-UP:

- Share a time in your life when someone showed compassion and helped you with a need.
- How does it make you feel when you show compassion and help others when they are in need?

ASK A KID:

- Can you think of a time one of your friends showed you compassion and helped you?
- Who is someone you can show compassion for today?

SEE IT:

Sometimes, compassion comes from the most unlikely source. In *The Lion's Paw*, a Little Golden Book by Jane Warner Watson, a lion asks for help when he gets a thorn in his paw. One by one, the other animals reply to the lion's need with, "Not I." Some of the animals give excuses not to help, some of them just continue on their way. When it seems like there are no animals in the jungle willing to help the poor lion, a small mouse volunteers to help. Take a few minutes to watch this read along version of this classic story. As you watch, think about which of these animals represent the same way you would respond to the lion. Discuss with an adult how you can start trying to be more like the mouse, who showed compassion by helping the lion. https://www.youtube.com/watch?v=kDDJLAj_8F8

BE IT:

Make a list of people in your family, community, or school who could use some help. Schedule a time for you and your family to reach out and offer help. Be on the lookout for more opportunities to help those around you when they are in need. Remember that compassion doesn't require great ability, it only requires availability.

Core

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At every age, kids need significant relationships.

The significant relationships in a child's life include parents, teachers, relatives, coaches, and spiritual leaders.

As a parent, you can encourage these relationships as a way to ensure that other trusted adults are surrounding your kids with the same messages and advice that you would.

So don't miss it. This year, this month, today is just a Phase!

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