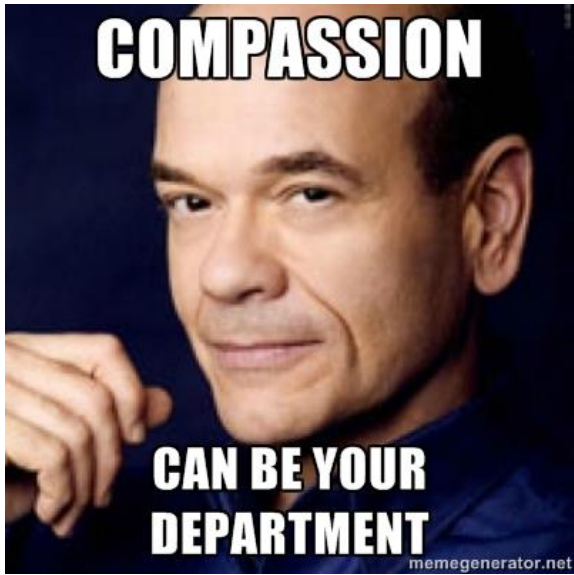


COMPASSION can sometimes be a difficult word to define. We may have a grasp of the concept, but putting it into words can sometimes be a struggle. First off, find yourself a good definition for COMPASSION . You can look in a dictionary, or online, but write down that definition: _____

Now, what does that mean to *you*? (how can you, in a general way, show COMPASSION? Don't be too specific here. We'll get to that later...): _____



COMPASSION itself is an emotion; the impact it has on others depends on how we act on that emotion. Think of some people in your life every day to whom you can show compassion, even in some small way:

Next, think about what acts you can take to show COMPASSION to those people who are in your life every day. (Remember, words are just talk. Act with COMPASSION) Now you want to get specific with the way you show COMPASSION to others:

We don't just want to reserve COMPASSION for those people we know well. What are some compassionate acts you can undertake for people you may not know well (or know at all)? _____

We don't even have to reserve COMPASSION just for people. What are some other things you can show COMPASSION for (name at least two), and how would you demonstrate that COMPASSION?

1. _____
2. _____