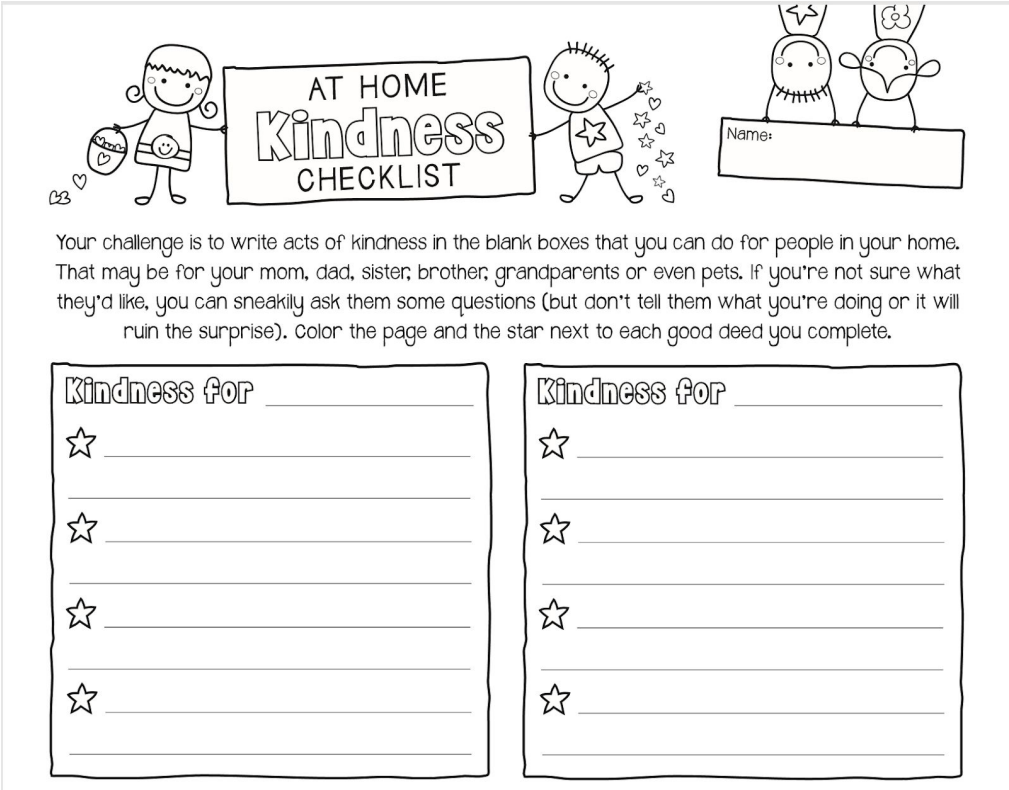
Part 1: In today's activity you will be talking about **Compassion.** This includes being aware of how other creatures (animals and people) think and feel. It means having empathy for them, or understanding how they feel about something, but also wanting to be kind to them.

1. Ask your child to watch the video about compassion to understand what it means:
    a. Where Does Compassion Really Come From?
2. After watching the video, ask your child:
    a. What does compassion mean to you?
    b. Can you think of a time when someone showed you compassion?
    c. Can you think of a time when you showed compassion to someone else?
    d. Can you think of a time when someone said or did something that hurt your feelings?
    e. Do you think they did it on purpose?
    f. What do you think they were thinking when they said or did that?
    g. How did you react?
    h. If you had it to do all over again, would you react the same way?

Part 2: Download the booklet Kindness Checklist for Home. Print page 8, the At Home Kindness Checklist. Have your child follow the directions on the page and make a list of acts of kindness that they can do for each member of the family.



Follow up discussion: After a few days, ask your child how many of the acts of kindness they completed. Discuss how it made them feel to do nice things for their family. How did they think it made the other people feel?