

Compassion Challenge

Compassion means being concerned about other people when they are suffering (having a bad time). Set a seven-day compassion challenge. Think about seven ways you or a friend could show compassion to people. Ideas might include things that could be done in school, supporting the work of a charity or helping a family member.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

