

Compassion FEBRUARY 2022



SAY IT:

Compassion means caring enough to do something about someone else's need.

KNOW IT:

ASK A KID:

- Has anyone ever come to your side when you have needed help with something? Was it a teacher, friend, parent, etc.?
- Think of a time when you lent a hand to help someone else when they were in need.

ASK A GROWN UP:

- When is the last time that you helped someone who was struggling with something or simply needed help? What was the end result?
- How does it feel to lend a hand to help someone else?
- What are some acts of service that people have done for you in your lifetime?

SEE IT:

Watch this clip from *Beauty and the Beast*. Even though Belle could choose to be angry with the Beast because of his attitude and gruff demeanor, she decides to do something about his need. She takes care of him after he is attacked by wolves in the forest. He saved her from danger and now she is showing compassion and returning the favor.

<https://www.youtube.com/watch?v=Lm8YW2izYCo>

BE IT:

This month, choose one volunteer opportunity that your family would like to partake in. Options might include volunteering at the local senior center to serve a meal, volunteering at your church or simply picking up trash around the local park. Caring enough to do something about someone else's need is a valuable trait and will leave you feeling very fulfilled and happy.

PHASE

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We all want to know that we matter, that we are important.

One way that we can discover how we are important to others is **through work**. Maybe your child isn't ready to put in an 8-hour day at the office (who is!?), but he or she can still do significant work that will help your family and others. From taking out the trash, to doing dishes, folding laundry, or lending a hand to the neighbor, there are age-appropriate tasks that all kids can do.

Doing this work will make them feel important, needed, and connected to others.

So don't miss it. This month, look for work that develops independent habits in your child.