

Community Compassion

"We rise by lifting others." -Robert Ingersoll

Directions:

1: Brainstorm ways you would like to share care and compassion in your home or community:

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

2. Choose one thing you would like to do this week to show compassion and write it below. Then make it happen!

3. Write a reflection on what you did and how you felt sharing compassion for others:

