



Compassion for All

Think of a time someone showed you compassion. Remember what it looked like, how it felt. How can you pass that along and show compassion for everyone?

Empathy

Recognizes & Manages One's Own Emotions & Recognizes the Emotions of Others



Mindfulness Principle: Reality Check

Skill Focus: Justify the importance of compassion for peers.

- 1
 - What is compassion? What are some ways you can show compassion to your peers?
 - Compassion means being able to neutralize, or put aside, one's own thoughts and judgments in order to demonstrate kindness by being considerate and caring. Some simple but great ways to show compassion are saying a kind word to someone, helping a peer with a difficult assignment, giving a friendly hug or smile, etc.
 - This activity will focus on how you feel when you experience compassion so you will understand why it is important and can, in turn, demonstrate compassion toward others.
- 2
 - Sit tall and close your eyes.
 - Remember a time when someone showed you compassion. It may have been a peer who acted like a friend or a teacher who went the extra mile to help you understand. What emotions do you feel receiving that compassion?
 - Now think of a time you showed compassion for someone else. How do you think that person felt? How did you feel showing compassion to another person?
- 3
 - How did you feel when others showed compassion to you? How did you feel showing it to someone else?
 - In order to show compassion and kindness, you must put aside your judgments and remain neutral. Try to find two ways you can show compassion to a peer today.