

# COMPASSION

**What is compassion? It is sympathy and concern for the sufferings or misfortunes of others.**

**How often do you see examples of compassion in the world? Check out the website and watch or read a story of compassion throughout the world.**

**Which story is your favorite? <https://www.positive.news/>**

**Pair up with a friend, relative or just yourself and list different acts of compassion and dance/act out what they've listed. Below is an example of acts of compassion.**

**Opening the door for someone  
Helping your friend if they fall down  
Comforting someone if they're crying  
Helping the elderly with groceries  
Give to others in need  
Giving a compliment**

