Children’s Charter for Compassion

Special thanks to Max Henry, age 7, for his beautiful view of the compassionate world.

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‘C’ is for Compassion

Compassion means feeling what others are feeling – especially when they are feeling pain or sadness. When we act with compassion, we show kindness. We show understanding. We try to make others feel better. We put others before ourselves.

Fill in the missing letters of these words of compassion. Then unscramble the missing letters to see the secret message.

Unscramble:

UND __ RST __ D __ NG E Q U __ L __ TY

RESP __ N __ I B I L I __ Y

RE __ E __ T

SY __ P __ THY

WELC __ E

Secret Message:
It’s Not Funny...

We must always treat others as we would like to be treated. We must never hurt others with nasty words, unkind facial expressions, or physical force.

In the space below, list the things that you will never do to hurt others.
Be Your Own BFF!

When we are happy, we can make others feel happy. List six things you could do to treat yourself with love, kindness, and respect.

1. ____________________  4. ____________________
2. ____________________  5. ____________________
3. ____________________  6. ____________________

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Words to Live By

Find and circle these words of compassion. Look for words that read up, down, frontward, backward, or diagonally.

ACCEPTANCE  COMPASSION  EQUALITY
HAPPINESS     LOVE       RESPECT
UNSELFISH     CARING     DIFFERENCES
FAIRNESS      HEARTFELT  PEACE
RESPONSIBILITY WELCOME  CELEBRATE
EMBRACE       FEELINGS   KINDNESS
PROMISE       SYMPATHY

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Everyone Means Everyone

In the space below, list all the people in your life to whom you can show compassion.

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