

# Children's Charter for **Compassion**



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## Definition of COMPASSION

(as per Merriam-Webster Canadian Dictionary)

: sympathetic consciousness of others' distress together with a desire to alleviate it

— **com·pas·sion·less** *adjective*

### Examples of COMPASSION

1. He felt *compassion* for the lost child.
2. She shows *compassion* to the sick.
3. She had the *compassion* to offer help when it was needed most.

### Origin of COMPASSION

Middle English, from Anglo-French or Late Latin; Anglo-French, from Late Latin

*compassion-*, *compassio*, from *compati* to sympathize, from Latin *com-* + *pati* to bear, suffer

First Known Use: 14th century

**Related Words** condolence, regret; humaneness, humanity, kindheartedness, kindliness, kindness, mercy, pity, ruth, softheartedness, warmheartedness; affinity, empathy, rapport, sensitivity, understanding; altruism, benevolence, benignity, bigheartedness, charity, generosity, goodwill, humanitarianism, largeheartedness, largesse (*also* largess), magnanimity, philanthropy

**Near Antonyms** indifference, insensitivity, unconcern; cruelty, harshness, inhumanity; animosity, antipathy, dislike, hatred, hostility

**Antonyms** callousness, coldheartedness, hard-heartedness, heartlessness

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the capacity for feeling for another's unhappiness or misfortune <has no *compassion* for people who squander their money>

**Synonyms** bigheartedness, charity, commiseration, compassion, feeling, good-heartedness, humanity, kindheartedness, kindliness, kindness, largeheartedness, mercy, pity, ruth, softheartedness, sympathy, warmheartedness

**Related Words** feelings, responsiveness, sensibility, sensitivity; affection, love, regard; affinity, empathy, rapport; altruism, benevolence, benignancy, benignity, generosity, goodwill, humaneness, humanism, humanitarianism, philanthropy

# COMPASSION

I will treat others as I wish to be treated.

**Compassion** means to me.....

Other heroes of  
**Compassion** are.....

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## LIVE THE CREED.....

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” His Holiness the XIVth Dalai Lama

How do I demonstrate  
**compassion** to others.....

How do I show **compassion**  
toward myself.....

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# COMPASSION

I will treat other with kindness and respect.

## **Compassion looks like.....**

example: a bright, sunny afternoon

## **Compassion sounds like.....**

example: children's laughter

## **Compassion feels like.....**

example: cotton balls

# COMPASSION

I will respect and embrace others' differences.

Complete the word and use in a sentence relating to compassion.  
For example: **N**ever use hurtful words toward another person.

**C**-----

**O**-----

**M**-----

**P**-----

**A**-----

**S**-----

**S**-----

**I**-----

**O**-----

**N**-----

# COMPASSION

I will put others before myself.

C L H K F X K T R H U F L Y A  
S O V S H A C W A F S B T K F  
Y V M H I E I P T S B I L E A  
M E R P P F P R E B L B E S C  
P U C S A I L N N I Y L F I C  
A C E A N S D E B E I L T M E  
T R F E R N S I S N S D R O P  
H I S R I B S I G N D S A R T  
Y S S K W N M S O O U F E P A  
L X E M O C L E W N P V H J N  
M R G P E T A R B E L E C G C  
O M S E Q U A L I T Y C A F E  
M E I R H C C A R I N G O C J  
R M Y T P M Y B K K M M W X E  
Q T G J D I F F E R E N C E S

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

ACCEPTANCE  
HAPPINESS  
UNSELFISH  
FAIRNESS  
RESPONSIBILITY  
EMBRACE  
PROMISE

COMPASSION  
LOVE  
CARING  
HEARTFELT  
WELCOME  
FEELINGS  
SYMPATHY

EQUALITY  
RESPECT  
DIFFERENCES  
PEACE  
CELEBRATE  
KINDNESS

# COMPASSION

I will begin each day with a kind heart.

Complete the following tasks and submit to [info@childrenscharterforcompassion.com](mailto:info@childrenscharterforcompassion.com) Your work will be featured on the Children's Charter for Compassion website.

1. Bumper Sticker: Create a bumper sticker that you would enjoy displaying on your automobile relating to compassionate behaviour.
2. Compassion Flag: Create a flag using your own unique drawings/symbols. It should represent what your compassionate country flag would look like.
3. Sentiment Sheet: Create a list of feelings and emotions that depict exactly how you feel after you've done something compassionate towards another person.

