



TODAY'S TOPIC:

Compassion

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What do I do or how do I feel when I see someone who needs help?

Lesson

Materials	Things to Prepare	Today's Goal
Either the book or YouTube video <i>Kuan Yin: The Princess Who Became the Goddess of Compassion</i> by Maya van der Meer (Author), Wen Hsu (Illustrator)	Choose when you like to tell the story of Kuan Yin, either before or after your lesson.	Know who Kuan Yin is, and how to demonstrate compassion.

ASK: What are some things you can do in these situations?

- Your brother drops his ice cream cone on the ground.
- Your friend is sad.
- A new kid joins your class and they seem a little scared.
- Your mom has a lot to do in a short amount of time and seems stressed.

ASK: Do you have any examples of a time something happened to you and someone helped?

SAY: That feeling that you get when you see someone in trouble and want to help, that is called “compassion”. What is compassion? It is about caring for others and

wanting to help when they are hurting or in need.

1. Compassion starts with noticing someone is suffering, trouble, or in need. It might be something physical, or it might be how they are feeling.
2. Then you might feel “empathy”. Empathy is putting yourself in someone else’s shoes or knowing how you would feel in the same situation. It is about how you feel.
3. Finally, there is action which is doing something to help. It might be as simple as a hug or listening to someone talk – like with your friend who is sad, or it might be helping fix something that has happened – like with the dropped ice cream cone.

Compassion is not just a feeling; it's a motivation to take action to relieve the suffering of others.

ASK: Why is compassion important? Make the world a better place. Feel happier and more connected. Demonstrate more kindness.

AFFIRMATION –I am compassionate. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .