

# CONCEPT ACTIVITY – COMPASSION

Decide which of these are definitely examples of compassion, which are not and which are borderline:

giving money to someone begging on the street

cooking a meal

changing your mind about a punishment or consequence that you had given out

meditating

going for a walk

listening to a friend who is upset

giving to charity

giving someone a hug

accompanying somebody who is very sick

giving a present

taking somebody out for lunch

smiling

food shopping for an elderly person with mobility difficulties

being polite

going without food so someone can eat

stroking a pet

helping a friend

standing up to a bully

telling someone else that a friend is in trouble, even though they asked you to keep it a secret

taking something dangerous away from somebody

doing someone's homework for them

lying to protect somebody

giving blood

donating a kidney

actively listening to someone's fears and anxieties

organising a game

putting your arm around someone who is crying