

Suggested Development Activities for COMPASSION

- Think about someone you know who behaves differently than you. Try to think of some possible explanations for their behavior? Do something this month to develop greater empathy (or understanding) for that person?
- Think about what it feels like to be the “new kid.” Choose one thing you can do at the Academy to help new members feel welcome.
- Talk with someone you respect who has experience with another cultural group (foreign, religious, social, etc.) and have them describe some of the differences in that culture in family relationships, education, career goals, recreational activities, or lifestyle.
- Choose an organization or group you can participate in this month to put yourself in the position of the new member, like attending a new club meeting at school, taking a trial class in a new discipline at the studio or eating lunch with a new group of friends.
- Write down 10 things you could do to show greater empathy.
- Perform random act of kindness.





- In your current social circle, learn more about someone you don't know very well.
- Volunteer. Work a shift at a soup kitchen, a homeless shelter, or the humane society. Better yet, organize a group of people to go with you.
- Create your own compassion development activity. Talk to your instructor or a parent if you need additional suggestions.

