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What is Compassion

Compassion: The Heart of Kindness and Understanding

DEFINITION

Compassion means caring about others' feelings and wanting to help them when they're in trouble. It's about understanding their pain and taking action to support them.

KEY CONCEPTS

Empathy

Empathy is the ability to understand and share the feelings of others.

Kindness

Kindness involves being friendly and generous to others, often without expecting anything in return.

Support

Support means offering help or encouragement to someone in need.

Active Listening

Active listening is paying full attention to someone when they talk, showing you care.

Altruism

Altruism is selflessly caring for others, often putting their needs before your own.

EXAMPLES

- Helping a friend who is sad by listening to them.
- Sharing your lunch with someone who forgot theirs.
- Volunteering at a local shelter to help those in need.

MEMORY TIPS

- ★ Think of 'Caring' as the first letter in 'Compassion'.
- ★ Remember 'Compassion' sounds like 'Come Passion' - come together with passion for others.
- ★ Visualize a heart to remind you to care for others.

COMMON MISTAKES

- ✗ Confusing compassion with pity, which is feeling sorry without action.
- ✗ Thinking compassion is only for close friends and family.
- ✗ Believing compassion means sacrificing your own needs completely.

QUICK RECAP

Compassion is about understanding and caring for others' feelings. It involves empathy, kindness, and taking action to help those in need. Remember to practice active listening and support others whenever you can.