

# Journey of Discovery



## Working Together

### Step 3 Compassion

## Hey Young Leaders.

Last time on Journey of Discovery, we explored the idea of thankfulness and what we can be thankful for. I hope you have remembered to keep looking out for these everyday!

**Step 3** on our adventure is exploring the **character strength of compassion.**

How can we work together to show kindness and compassion to others?

We're going to be hearing from young people who have seen kindness and compassion in action from others, and some who have put compassion into action in their own communities. I hope they will inspire you to do the same.

Let's get ready to explore!

**Remember my motto: Be the Change you Want to See.**



## Working Together

- What does compassion look like?
- **Why is it important on our journey?**
- How can we work together to show kindness and compassion to others?

## Quotation Inspiration

Nelson Mandela

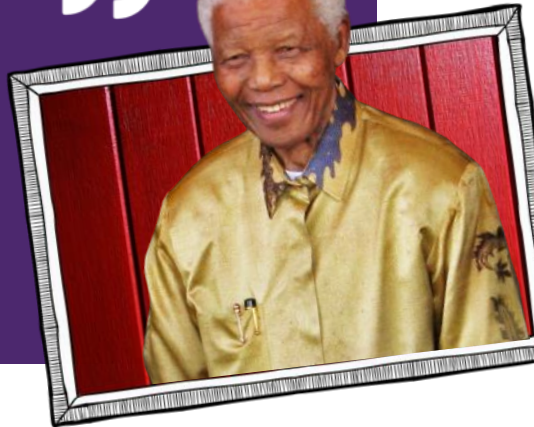


Compassion binds us to one another not in pity... but as human beings who have learnt to turn our common suffering into hope for the future.



## What do you think?

Write down some ideas.



## Key Character Strength: Compassion

1. What does the word compassion make you think of? Create a mind map of your ideas
2. Now look up a definition.
3. Choose/ find/ create an image that represents compassion for you.

Use this space to **write** down **your ideas**

# Compassion

## A Modern-day Story

A man awoke in a hospital bed and looked around, confused.

**“Welcome back, Mr Jones,”** came a voice from the side of his bed. **“I wonder if you feel well enough to answer a few questions?”**

He turned his head and saw a police officer. **“Where am I? How did I get here?”**

**“You’re at City Hospital and as for how you got here, that’s something I hoped you would be able to tell me!”**

Mr Jones laid his head back on his pillow, closed his eyes and tried to remember.



**“I was walking down the street; it was cold and snowing and was in a rush to get home. A man came up to ask to directions and as I stopped to answer, someone hit me across the back of the head. I fell to the ground and then felt hands in my pockets taking my wallet and phone. Then they left me and ran away laughing”.**

**“I tried to stand but I couldn’t. I heard two people, women, coming towards me. I asked for help, but they refused saying that homeless people shouldn’t be allowed on the streets. Two well-dressed men walked past. One wanted to help me but the other said it wasn’t their problem and someone would deal with it, so they left me too.”**



**“All the while, I was getting colder and colder. Then, walking towards me I saw a teenager, white tracksuit and trainers, with his hood up, and I thought that he was going to attack me too. But I was wrong. He came over to me, asked if I was okay and called an ambulance. I must have passed out then because I can’t remember anymore.”**

The police officer held up a white hoodie. **“Well, your story explains where this came from. When the ambulance arrived, you were wrapped in it, but they didn’t think it was yours.”**

**“Who was he?”** asked Mr Jones.

**“We don’t know. But it was lucky for you that he came along when he did: a modern-day Good Samaritan.”**



# Compassion

## A Modern-day Story



### What do you think?

- Who showed compassion in the story?
- **One of the well-dressed men in the story wanted to help but chose not to. Why? Should he have let his friend influence him in this way?**
- How did the police officer show compassion to Mr Jones?
- **Do all acts of compassion need to be big gestures?**

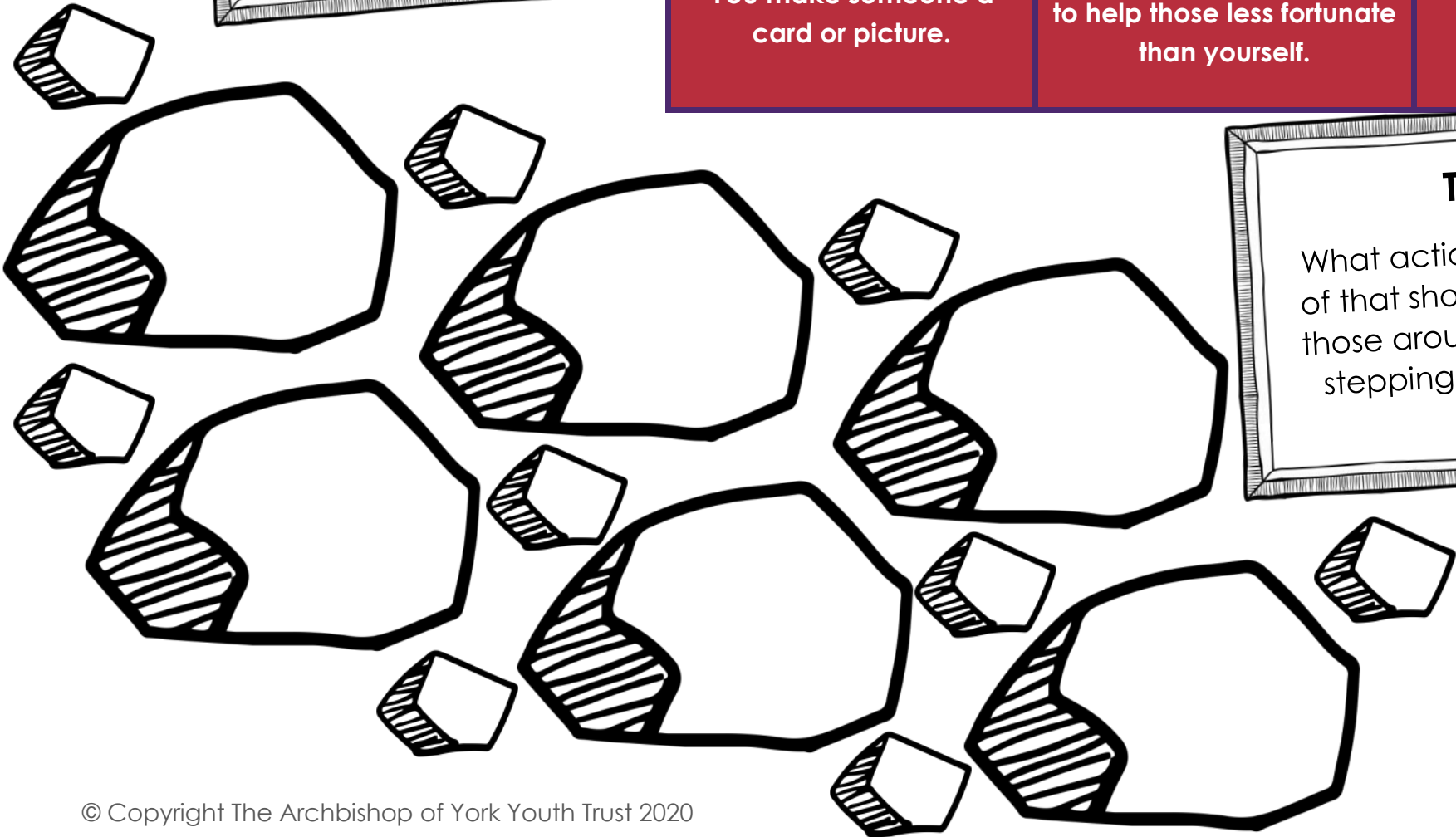
Use this space to **write** down **your ideas**



# Acts of Compassion

**Task 1**  
Look at the examples below. Which of them are acts of compassion?

You laugh when someone hurts themselves.	You help a friend who has fallen over.	You smile and say hello to people.
You ignore someone when they are talking to you.	You tell someone they look nice.	You share your toys with other people.
You make someone a card or picture.	You give things to charity to help those less fortunate than yourself.	You help to cook dinner.



**Task 2**  
What actions can you think of that show compassion to those around you? Fill in the stepping stones with your ideas.

# Colour in Compassion

**'No-one has ever become poor by giving' - Anne Frank**

**Compassion** is shown in many different ways but all involve giving: time, money, food, love, understanding, empathy, kindness, forgiveness.

**Compassion** grows and spreads around the world: every act of compassion or kindness leads to another, transforming people's lives from black and white to colour.

**Compassion** brings joy, hope and understanding.



Design a piece of **art work** or **model** that shows how **compassion** can colour our world.



# Compassion in Action

## Ready, Steady, Play

Design a board game that could teach people about being compassionate and kind to one other.

### It might:

- Be based on an existing game like snakes and ladders or monopoly.
- **Involve a dice.**
- Have rewards and challenges or forfeits.
- **Have objects or counters that you move around.**



## Showing Compassion

How could you show **compassion to** others at this time?

Try out some of the actions on the **Family Ideas Grid**.

Create your own **Compassion Ideas grid** for showing kindness to others.

Start with what you can do in your home and then think about your community. See how many you can achieve.

Write cards or letters to send to residents in elderly homes or people you know who are isolated.	Send flowers or drawings you have made to residents in elderly homes or on your street.	Make paper flowers or other crafts and post them through doors on your street.	Collect items to donate to your local Foodbank. Check with them which items they really need.
Write thank you cards to send to local NHS staff in hospitals or GP surgeries.	Send chocolates or other treats to local NHS staff.	Make bird feeders or bird boxes and put them in your local area.	Contact local charities that work with elderly people and ask what you could do to support their work.
Think of a creative way to spread a message of hope to your community.	Create a window display at the front of your house using tissue paper to share a message of support and hope.	Create small 'packages of hope' to post through doors in your community with a message and some treats.	Complete our 'Kindness Postcards' offering support to neighbours on your street.

## Love Your Neighbour

Design your own modern day story of the Good Samaritan that others can learn from.

### You could:

- Write a script
- **Act it out**
- Film your story
- **Create a comic strip**
- Write a song





Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.



**Step 2 Thankfulness**  
**Now Available**

Please visit:  
[www.abyyt.com/ylo-at-home](http://www.abyyt.com/ylo-at-home)



**@ABYyouthtrust**



**Step 4 Friendship**  
**Coming soon!**