



What Is My Child Learning?

Your child is learning how to show care and concern for another person by listening, saying kind words, and helping that person. This is called *showing compassion*, and it makes people feel better.

Why Is This Important?

Being able to show compassion helps children get along with others.

Ask your child: **What does *showing compassion* mean?** Possible answer: Showing you care about others.

What are some ways you can show care and concern or compassion for others? Possible answers: Listening to them. Saying kinds words. Helping them.

When is a time someone might need you to show someone compassion? Possible answers: When someone is feeling sad, lonely, tired, or frustrated.

How do you feel when someone shows you compassion? Possible answers: Happy, special.

Practice at Home

Help your child notice when someone else could use some help or a kind word. For example:

- **Your father has a lot of dishes to do after dinner. Do you think he could use some help?**
- **It sure looks like Mrs. Sanders could use some help picking up the trash. Can you do that?**

Activity

Help your child think of something kind to say to someone else at home (or someone your child can easily call on the phone) as a way to show “compassion.” Fill in the details below for your child. Then help your child do it!

I can show compassion to _____

I will say: _____

After I showed compassion, I think this person felt _____

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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