

# Summer Wellness Challenge



## Spreading Compassion

### Activity for Elementary School Students

It's important that we take time to show others and ourselves compassion. Compassion is a feeling and an act; it is defined as the desire to assist someone who is struggling. When someone shows kindness, caring and a willingness to help others, they are showing compassion.

#### DISCUSS COMPASSION & KINDNESS

**STEP 1:** Watch the South Bay Families Connected Video on Kindness and Compassion (5:11)

Video link: [https://www.youtube.com/watch?time\\_continue=1&v=3LqWP6GCOJ0](https://www.youtube.com/watch?time_continue=1&v=3LqWP6GCOJ0)

**STEP 2:** Discuss Video

- What stood out to you in the video?
- How did they define kindness and compassion in the video?
- What were ways they explained how words impacted them?
- What were some ideas they had to handle people being unkind? Do you have more suggestions?
- What were some acts of kindness they shared? And how did it make them feel?

#### SPREAD COMPASSION

**STEP 1:** Break out the crayons and show us your compassion by coloring our compassion coloring sheet! To download our compassion coloring sheet, visit [https://www.bchdfiles.com/docs/aplex/Coloring\\_Page\\_Compassion.pdf](https://www.bchdfiles.com/docs/aplex/Coloring_Page_Compassion.pdf)

**STEP 2:** Decide who you want to spread kindness and compassion to?

Think about your family, friends, neighbors, essential workers and local delivery and mail person.

Once you decide who you want to spread kindness and compassion to, write a positive note to them on the back of the compassion coloring sheet.

Now determine how you want to share your message with them? If it is a local delivery or mail person think about leaving it in the mailbox for them next time they come. If it is a family member, neighbor or friend, determine if you want to mail it or send a photo of your message over email/text. If it is an essential worker, determine how you can safely share your message with them – posting your message online or having an adult safely deliver it to their place of work.

#### WANT TO CONTINUE SPREADING COMPASSION?

For more opportunities to spread compassion and get involved at Beach Cities Health District, please browse our [current volunteer service opportunities](#) and complete an application. For additional information, please email [volunteers@bchd.org](mailto:volunteers@bchd.org) or call 310-374-3426, ext. 246.