

# 9 Habit Activities February: Compassionate

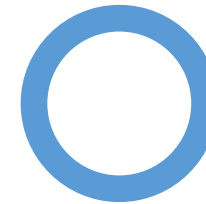
- Being compassionate towards others is a quality that we should all display everyday. This not only makes others feel happier, but will also make you feel great too! Look through the activities based on compassion that you could try.

Compassionate bingo! Create a bingo sheet with your family, writing down ways that you could help out around the house. This would be a great way to show your adults compassion and care. Get a piece of paper and draw a grid. In each box, write out an act of kindness. Then everyday you can decide which box to complete. Highlight it until complete!

Make a long distance hug. As we are unable to hug many of our loved ones, here is a way to send some affection! Trace your hands on a piece of paper, cut them out. Then cut out a length of string to attach to the two hands. Write a message on each hand to show them how much you care.

Random Acts of Kindness BINGO!

Help your brother clean his room.	Say hello to three people today.	Hold the door for someone.	Make your teacher a thank you card.	Share your toys.
Hug your dad.	Clear the dishwasher.	Help make dinner.	Share your cookies at lunch.	Say sorry.
Call your grandmother.	Invite a new friend to play at recess.	Today I _____	Read a story to your sister.	Rake the front lawn.
Walk to school with your sister.	Tell someone a funny joke.	Give your allowance to a charity.	Thank mom for dinner.	Tell someone you love them.
Today I _____	Walk the dog.	Set the table.	Hug your mom.	Today I _____



Why not try this random act of kindness activity: all you need is paint and some rocks! Wash your stones or rocks thoroughly and decide on a fun design. It could be a rainbow or have a quote of positivity! Paint it onto your rock, let it dry, then go and put it back into your community for somebody to find.

