

## Compassion December 2018



### SAY IT:

Caring enough to do something about someone else's need.

### KNOW IT:

#### ASK A KID:

- Has anyone ever helped you out when you were in need?
- Think of a time when you noticed someone in your class or at your school needed something. It might have been school supplies, new shoes, or a snack for snack time. Did you see anyone show compassion toward that student?
- When have you shown compassion? How did it feel?

#### ASK A GROWN UP:

- Where do you see compassion at work in your everyday life? Do you notice people showing compassion at your job, at home, at church, etc.?
- How does it feel to provide a need for someone else?
- Share some examples of compassion that you have experienced in your lifetime.

### SEE IT:

In September of 2017, Hurricane Harvey ripped through Texas causing immense damage and leaving thousands of people without their homes. What wasn't destroyed by the high winds was ruined by the tremendous flooding that resulted from the storm. The people of our nation joined together to provide relief for the families affected by Hurricane Harvey. Big businesses including Wal-Mart, Coca-Cola, Google and Bank of America rallied and donated millions of dollars to help provide support and economic relief to get people back on their feet. President Donald Trump also pledged 1 million dollars of his personal funds to help disaster relief in Texas. The United States and our elected officials demonstrated their compassion by doing something about someone else's need.

### BE IT:

Take some time this month to evaluate the needs of people in your life. One night a week, sit down as a family and identify people at school, at work, at church, in your neighborhood or even in your own home who have a need. Consider and discuss as a family what can be done about that need and set out to do something about it in the coming week.

# PHASE

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# By the time kids hit upper elementary, they begin to realize their first major crisis: **Friendship.**

This isn't just something that happens to our fourth and fifth graders. Believe it or not, research is beginning to show that by kindergarten many kids are testing the power of their influence and seeking connections with friends at any cost.

Meaning, as soon as they become aware there are other people in the world besides them, they start making decisions based on the sort of friends they want to attract.

Here are a few ways you can help your elementary kids develop friendships.

- Help them develop self-confidence.
- Widen the circle of people around them to include adults you trust.
- Ask questions about what's happening in their friendships.
- Don't freak out! Every Phase is new for your child and you as a parent, so there will be some bumps in the road.

**So don't miss it.** Developing friendships is a part of being a kid, and each one is learning as they go.