

# Children's Charter for Compassion



*Special thanks to Max Henry, age 7, for his beautiful view of the compassionate world.*

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# The Children's Charter for Compassion Activity Book



## Introduction

The Children's Charter for Compassion is an organization based in Toronto, Canada. Founded and created by Erin Henry, mother of two Max and Quinn, who at the time were just 7 and 4 years old. It was inspired by the original Charter for Compassion launched on November 12, 2009, worldwide by Karen Armstrong.

At the time there was very little heart and mind education which became Erin's purpose in composing the Children's Charter for Compassion for any and all who would benefit globally.

Its primary goal is to provide a means for children and those around them to understand how to treat themselves and others with love, kindness and ultimately with compassion. By implementing The Golden Rule, "do unto others as you will have done to yourself", world peace can be achieved. It begins with our children.

## Children's Charter for Compassion Through the Eyes of a Child

Compassion means to feel what others are feeling – whether it is pain, fear or sadness, but also happiness and joy. Compassion is inside of all of us. It doesn't matter how old we are, our gender, orientation, where we call home, which language we speak, if we pray or not or the colour of our hair, eyes or skin. We can show compassion for all others.

When we are acting with compassion, we treat others as we wish to be treated. We are being kind to ourselves, and all others including animals, nature and our planet. We are trying to make ourselves and all others feel strong and hopeful in order to create a world which is a more caring, joyful and respectful place for us to live. When we do good things for others we make them happy, and it naturally makes us happy too.

When we are acting with compassion, we are guided to keep doing whatever we can to make sure we are all treated fairly. We choose not to hurt others with nasty words, harmful social media, unkind facial expressions, or physical force. We say no to bullying of any kind. We accept and be ourselves and encourage others to do the same. We welcome and embrace the chance to learn from all others and celebrate our differences as well as our similarities. We feel connected to each other wherever and whoever we are and see this as a powerful strength.

From this moment on, we have the opportunity to:

- Make the decision to try and begin and end each day with compassion.
- Work to accept and respect each other's differences in our choices, beliefs, abilities, religions, cultures and traditions.
- Choose to begin and end each day with a kind heart towards others and ourselves.
- Treat others as we would like to be treated.

A compassionate, supportive and understanding world begins with me. I will make this promise to show compassion to myself and all others and play a part in making our world a more peaceful and happier place for all.

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## ‘C’ is for Compassion

Compassion means feeling what others are feeling – especially when they are feeling pain or sadness. When we act with compassion, we show kindness. We show understanding. We try to make others feel better. We put others before ourselves.



Fill in the missing letters of these words of compassion. Then unscramble the missing letters to see the secret message.

UND \_ RST \_ \_ D \_ NG    EQU \_ L \_ TY    RESP \_ N \_ IBILI \_ Y  
RE \_ \_ \_ E \_ T        E \_ P \_ THY        WELC \_ \_ \_ E

Unscramble: \_\_\_\_\_

Secret Message: \_\_\_\_\_

Answer  
NOISSAMOC

## WORDS TO LIVE BY

C L H K F X K T R H U F L Y A  
S O V S H A C W A F S B T K F  
Y V M H I E I P T S B I L E A  
M E R P P F P R E B L B E S C  
P U C S A I L N N I Y L F I C  
A C E A N S D E B E I L T M E  
T R F E R N S I S N S D R O P  
H I S R I B S I G N D S A R T  
Y S S K W N M S O O U F E P A  
L X E M O C L E W N P V H J N  
M R G P E T A R B E L E C G C  
O M S E Q U A L I T Y C A F E  
M E I R H C C A R I N G O C J  
R M Y T P M Y B K K M M W X E  
Q T G J D I F F E R E N C E S

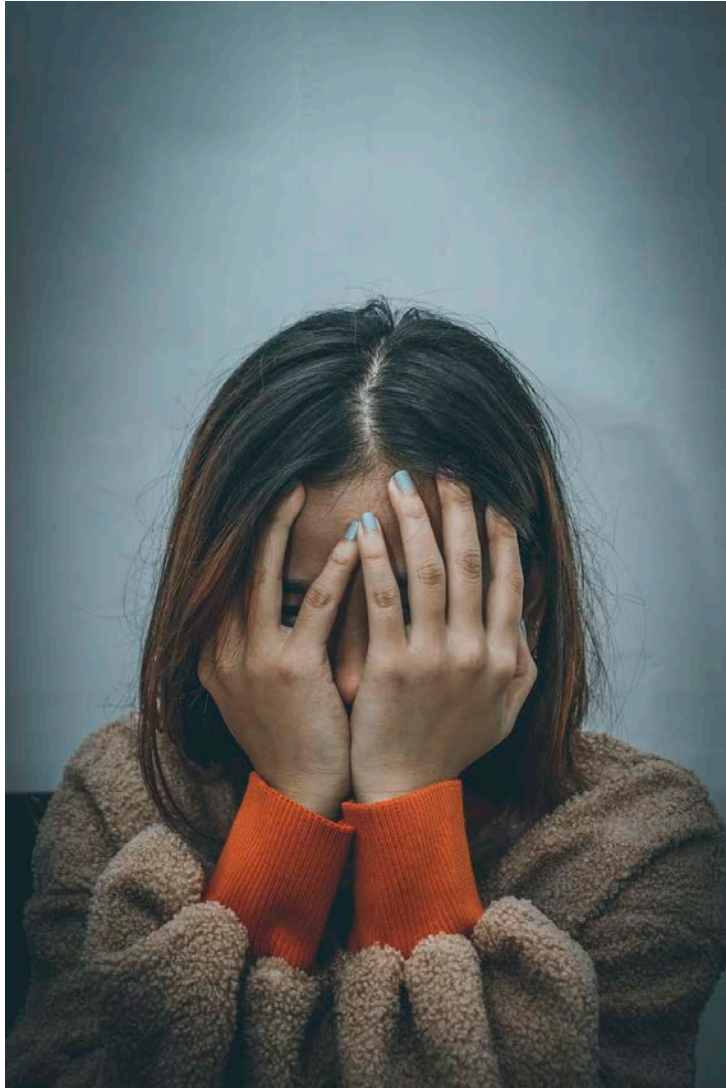
Find and circle these words of compassion. Look for words that read up, down, forward, backward, or diagonally.

ACCEPTANCE  
HAPPINESS  
UNSELFISH  
FAIRNESS  
RESPONSIBILITY  
EMBRACE  
PROMISE

COMPASSION  
LOVE  
CARING  
HEARTFELT  
WELCOME  
FEELINGS

EQUALITY  
RESPECT  
DIFFERENCES  
PEACE  
CELEBRATE  
KINDNESS

## It's Not Funny....



We choose to always treat others as we would like to be treated. We choose never to hurt others with nasty words, images, unkind facial expressions, or physical force. List the things that you will never do to hurt others.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

# GOLDEN RULE

I will treat others as I wish to be treated.

**Compassion** means to me.....

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Other heroes of **Compassion** are.....

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“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” His Holiness the XIVth Dalai Lama

How do I demonstrate compassion to others.....

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How do I show compassion toward myself.....

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## Be Your Own BFF!



When we are happy, we can make others feel happy. List six things you could do to treat yourself with love, kindness, and respect.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## Be Gentle And Kind



Have other people made you unhappy and sad? Do you remember how you felt at the time? You probably didn't feel good. Name some things that can hurt you and others. If these actions hurt you, they probably hurt others.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## **I will respect and embrace others' differences.**

Complete the word and use it in a sentence relating to compassion.

For example: **Never** use hurtful words toward another person.

C \_\_\_\_\_

O \_\_\_\_\_

M \_\_\_\_\_

P \_\_\_\_\_

A \_\_\_\_\_

S \_\_\_\_\_

S \_\_\_\_\_

I \_\_\_\_\_

O \_\_\_\_\_

N \_\_\_\_\_

# Everyone Means Everyone



List below, list all the people in your life to whom you can show compassion.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## Match the following words to the correct definition and test your knowledge

EMPATHY	identifying with the emotions, thoughts, or attitudes of others.
KINDNESS	the quality of being kind.
FEELINGS	an emotional state or reaction.
RESPONSIBILITY	being responsible, answerable, or accountable for something within one's power or control.
PEACE	mutual harmony between people or groups, especially in personal relations.
HEARTFELT	deeply or sincerely felt.
CARING	feeling or showing care and compassion.
RESPECT	a sense of the worth of a person, a personal quality or ability.
LOVE	kindness or affection for another person.
EQUALITY	the quality of being equal in quantity, degree, value, or ability.

## How did you do?

EQUALITY	the quality of being equal in quantity, degree, value, or ability.
HAPPINESS	the quality of being happy.
LOVE	kindness or affection for another person.
RESPECT	a sense of the worth of a person, a personal quality or ability.
UNSELFISH	not selfish; disinterested; generous.
CARING	feeling or showing care and compassion.
DIFFERENCES	being different; dissimilarity.
FAIRNESS	the quality of being fair, or free from bias or injustice; even-handedness.
HEARTFELT	deeply or sincerely felt.
PEACE	mutual harmony between people or groups, especially in personal relations.
RESPONSIBILITY	being responsible, answerable, or accountable for something within one's power or control.
WELCOME	a kindly greeting, to accept with pleasure one's presence.
EMBRACE	to take or receive gladly; accept willingly.
FEELINGS	an emotional state or reaction.
KINDNESS	the quality of being kind.
PROMISE	a declaration that something will or will not be done.
EMPATHY	identifying with the emotions, thoughts, or attitudes of others.

## Be Kind To Everyone And All Things



List below all the people in your life to whom you can show compassion. Remember to include pets, other animals, and the planet.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## Who is on YOUR Compassion Team?



List below all the people in your life who show love to you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

**Draw a picture of what compassion looks like and feels like to you**

