

# Children's Charter for Compassion



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

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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.

U N D \_ R S T \_ \_ D \_ N G E Q U \_ L \_ T Y

R E S P \_ N \_ I B I L I \_ Y      R E \_ \_ E \_ T

S Y \_ P \_ T H Y      W E L C \_ \_ E

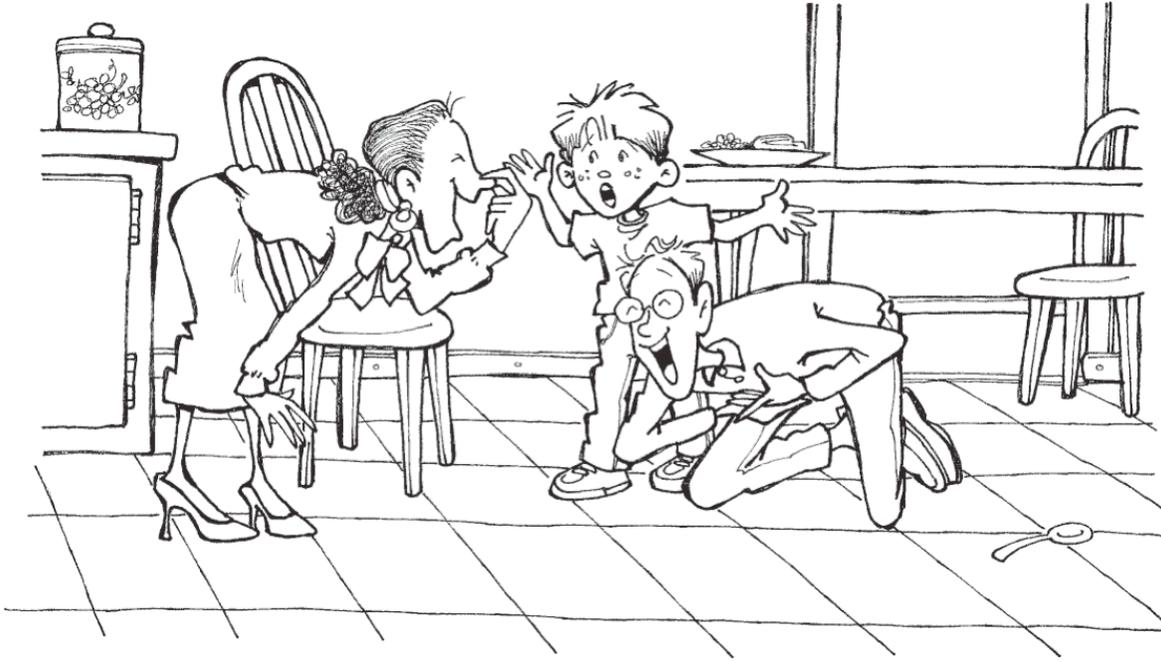
Unscramble:

\_\_\_\_\_

Secret Message:

\_\_\_\_\_

# It's Not Funny...



We must always treat others as we would like to be treated. We must never hurt others with nasty words, unkind facial expressions, or physical force.

In the space below, list the things that you will never do to hurt others.

# 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. \_\_\_\_\_

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

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

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

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

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

# 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 M 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, frontward, backward, or diagonally.

ACCEPTANCE  
HAPPINESS  
UNSELFISH  
FAIRNESS  
RESPONSIBILITY  
EMBRACE  
PROMISE

COMPASSION  
LOVE  
CARING  
HEARTFELT  
WELCOME  
FEELINGS  
SYMPATHY

EQUALITY  
RESPECT  
DIFFERENCES  
PEACE  
CELEBRATE  
KINDNESS

# Everyone Means Everyone



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