**This week I might try:**

***To show compassion***

**I’ll try to remember that there are ways to show compassion for others that can help support them and make them feel better**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If someone is hurt or upset, I can try to show compassion by following these steps:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **1. Ask what they need** |  |  |  |  |  |
| **2. Show sincere interest in others** |  |  |  |  |  |
| **3. Act with kindness** |  |  |  |  |  |

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