

ACTS OF COMPASSION: CHALLENGE!

SPEAK WITH
KINDNESS

APOLOGIZE WHEN
YOU'VE MADE A
MISTAKE

BE AUTHENTIC &
GENUINE WITH YOUR
APOLOGY

LISTEN CAREFULLY
AND WITHOUT
JUDGMENT

TAKE TIME TO REALLY ASK
SOMEONE HOW THEY ARE
DOING AND LISTEN

ENCOURAGE OTHER
PEOPLE

BE HAPPY FOR
SOMEONE ELSE'S
SUCCESS

ACCEPT PEOPLE FOR
WHO THEY ARE

FORGIVE PEOPLE FOR
MAKING MISTAKES

SHOW
RESPECT

EXPRESS GRATITUDE
AND APPRECIATION

CALL AND THANK SOMEONE
FOR SOMETHING THEY HAVE
DONE

WRITE THEM A NOTE
OF APPRECIATION

MAKE A CARD
SHOWING YOUR
GRATITUDE

BE PATIENT WITH
YOURSELF AND
OTHERS

WRITE A LETTER OR NOTE
TO SOMEONE WHO COULD
USE A LITTLE EXTRA TLC.

OFFER TO HELP A
NEIGHBOR WITH A
TASK

TELL SOMEONE YOU
LOVE "I LOVE YOU"

HOLD THE DOOR
OPEN FOR SOMEONE

SPEND QUALITY
TIME WITH YOUR
PET

BRING FLOWERS TO
SOMEONE TO
BRIGHTEN THEIR DAY

COMPLIMENT
SOMEONE FOR A
JOB WELL DONE

DRAW A PICTURE FOR
SOMEONE YOU LOVE

OFFER TO HELP
SOMEONE WITH A
TASK

SUPERCHARGE YOUR
SOCIAL SKILLS
ENERGIZE YOUR
EMPATHY
CULTIVATE YOUR
COMPASSION

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