

Thought for the week from

niscu Eden

Northern Inter-Schools Christian Union

“He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.”

2 Corinthians 1 v 4

Compassion

The Compassion is when we feel sympathy for others (especially those in a sad situation, or who are suffering) and want to help them – maybe by treating them with kindness.

Maybe you could draw a picture of someone who is being compassionate towards another person – maybe one has hurt themselves, and the other is helping them... I'm sure you can think of other ideas.



You could ask a grown-up to look up 'The Kindness Quilt' storybook online

<https://youtu.be/gj1VLunRG7o>

In this story the children share how they have been kind to other people. Some of those acts of kindness were an act of compassion too – if you do something kind for someone who is sad or suffering you are being **compassionate**.

Below is a template from

doinggoodtogether.org of some squares you could fill in and decorate with acts of

compassion or kindness that you have done since March, or some that you have seen other people do... Make your own 'Kindness quilt'. Perhaps you could use old fabric and make. A fabric quilt – make sure you ask if you can use the fabric first! It would be exciting to see kindness quilts popping up all around schools and communities we live in.

Let's show compassion and kindness like Jesus did – even when he was tired and sad himself he showed Compassion to others.



