

Family Chats and Challenges!

Compassion in Action

We are aware of the benefits of walking a mile in someone else's shoes. Once humans have the ability to be understanding and compassionate, what follows? Action. **Social awareness** is defined as the ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. For the theme of Compassion in Action, we challenge you to go beyond empathy and act!

Elementary Families - Let's write letters to loved ones! Handwritten notes are becoming a thing of the past. Rare is the excitement we feel when receiving a letter in the mail. Help your human hand write and send a letter to someone that is special to them. Consider letting that special person know why they are important and that you will always be there for them! This conscious act of kindness will have a huge impact on that special someone's day or even week!

Secondary Families - Chat with your human to find out what really matters to them. Share what matters to you and why? If you are having trouble getting started, consider creating a list of trajectory-changing moments. The loss of a family member, a promotion at work, moving homes, and meeting your first significant other are all examples of trajectory-changing moments - times when life shifts in a new direction. Often what matters to you most is inspired by those moments. Once you each have a list of three or more things that really matter, brainstorm ways you can help with these causes! The next step... do something about it!