

CREATE & PLAY

Depending on the ages and interests of your kids, play these games together. If you're playing the Feelings Match game and the Let's Make Faces Game, be sure to color and cut their cards before starting the game.

DID YOU FEEL...?

Compassion helps us understand how others are feeling. We use clues like facial expressions, tone of voice, posture, and our own experience to imagine what others might be feeling. But we don't always get it right, so we have to ask, "Is this how you feel/felt?"

Take turns telling a short story about an experience while others guess how you felt. The person to your right tries to determine how you were feeling during that experience. After discovering their neighbor's feeling, they tell their own story.

EXAMPLE:

I lost my tooth this morning.

Did you feel pain?

Not really.

Were you excited?

Yes.

Afterward, discuss how you knew what the other person might have been feeling. Can you read minds? Did you ever get it wrong?

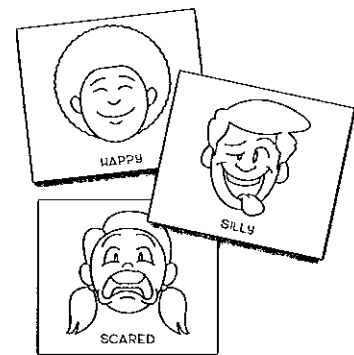
ACTIVITIES FOR YOUNGER CHILDREN (PRESCHOOL)

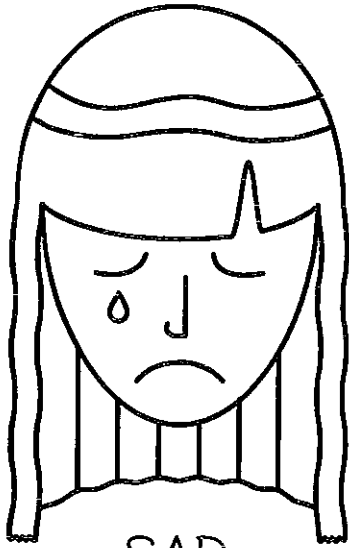
Feelings Match Game

Print out two copies of the Emotions Cards Page. Color and cut on the dotted cut line so you have 12 cards. Place cards face down. To begin the game, take turns flipping over two cards at a time. When you find two cards that match, show everyone your face to match the emotion on the card.

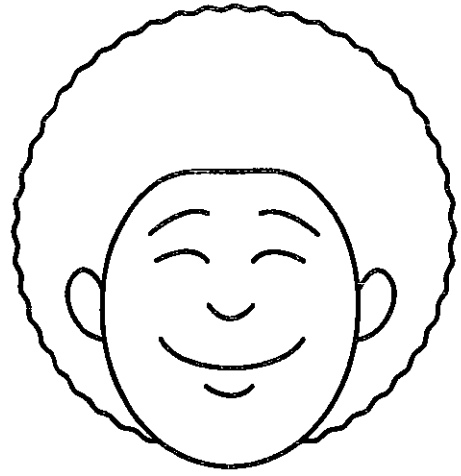
Let's Make Faces

Use the same cards you made for the Feelings Match Game. Stack cards in a pile, take turns drawing one card from the card pile, and act out the emotion on your card. Players guess the emotion you are acting out.

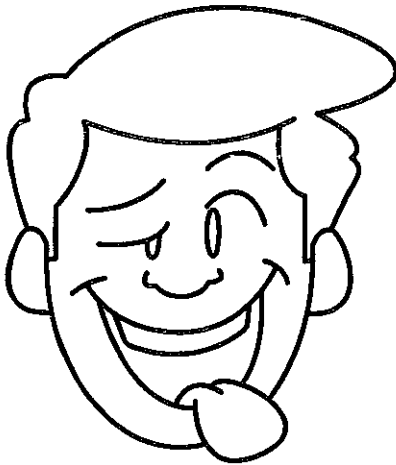




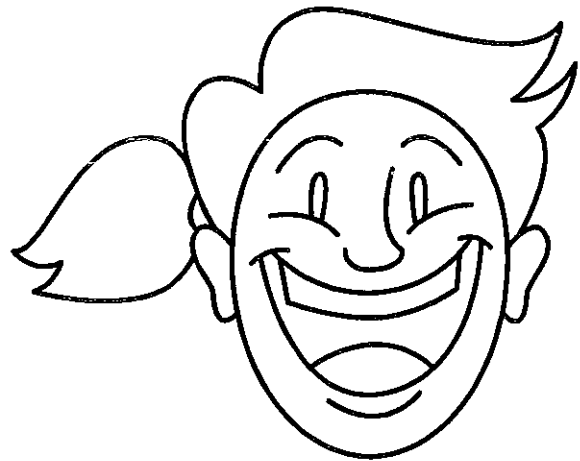
SAD



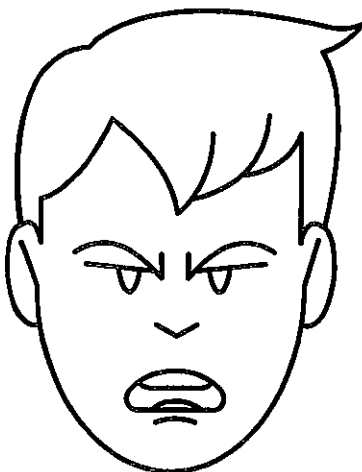
HAPPY



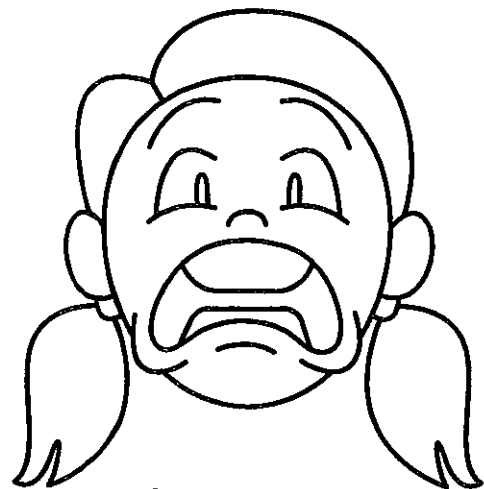
SILLY



EXCITED



MAD



SCARED

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.



daily examen

OPEN God is good, **all the time!**
All the time, **God is good!**

PRAY God of welcome,
You help us see your love and acceptance. Help us love and accept others in your name. **Amen.**

What **surprised** you today?
What **disappointed** you today?
When did you **share kindness** today?
When did you **not share kindness** today?
And what are you most **thankful** for today?

WELCOMING

ONE

YOUR WARM, WIDE ARMS



ARE ALWAYS OPEN

DRAWING US INTO YOUR LOVE.

Make OUR ARMS YOUR OWN

HELPING US SEE & WELCOME

WITH COMPASSION ALL

THOSE WE MEET.

Amen