

COMPASSION IN ACTION

Depending on the ages and interests of your children, explore some of the options below to help connect your family with what the land provides, including watching a plant sprout for your youngest kids.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

SEEDS OF CHANGE

There are so many ways to understand and show compassion. We begin by seeing and welcoming. We need to be brave and trust God. It also means caring for and loving ourselves so we can trust our voices. All this helps us be present with each other along the way as we follow God's lead. When we cultivate all these seeds of compassion, we become open to seeing the wideness and goodness of all God's creation. We show compassion to the earth as a way of rejoicing in God's abundance. There is enough.



Our Compassion in Action will help us connect to the provision of the land. Below are some ideas to get you started:

- Plant some seeds or plants native to your area and watch them grow!
- Go meat-free for three days.
- Learn about water systems
- Learn about composting and make a compost bin for your kitchen.
- Repurpose old clothing to make new things, like a reusable bag from old t-shirts.
- Learn about the eco-system in your backyard or neighborhood.
- Make a "turn off the lights" challenge to save energy.

**PRO TIP: CHECK OUT
THE COMPASSION
CAMP PINTEREST
BOARD FOR EVEN
MORE INSPIRATION
AND THE APPENDIX
FOR MORE
INFORMATION!**

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)

Sprouting a Bean Seed

Planting a seed helps us see what a fresh start looks like.

Materials:

Two bean seeds

One paper towel


Clear container (small mason jar or clear cup)

Directions:

1. Fold the paper towel in half lengthwise and in half again.
2. Wrap the paper towel inside a clear container to fit around the sides.
3. Wet the paper towel with small drops of water.
4. On opposite sides of the container, place seeds in between sides of the container and paper towel, allowing beans to be visible.
5. Place the container in a sunny location.
6. Check the container and dampness of the paper towel every day. Wet paper towels as needed with small drops of water.
7. It takes about 3-5 days for changes to appear.
8. Once your seeds begin to sprout, you can transfer to a pot with soil and continue to watch it grow!

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 fresh starts,
You provide us with more than enough.
Use us to be instruments of your
generosity and abundance. **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?



Your LOVING HANDS ^{are} always CREATING

FREEDOM, RELEASE, and FRESH STARTS!

HELP US DO THE SAME Today
by CARING for all LIVING THINGS

W-I-T H gentleness AND CARE.

OPEN US to ^{humbly} RECEIVE

that same CARE MAKE OUR HEARTS
OURSELVES. SMILE

A N D OUR ACTIONS WITH YOUR PROMISE OF ABUNDANCE
S I N G

TOWARD the WHOLE WORLD.

AMEN.