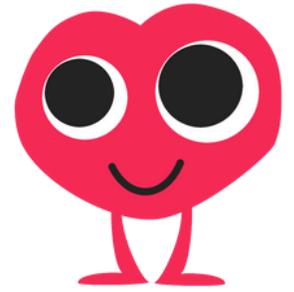


COMPASSION CONVERSATION STARTER



What does it mean to "put yourself in someone else's shoes"?

How do you feel when a friend is sad?

Have you ever helped someone in need before? What did you do and how did it make you feel?

What can you do or say to help someone feel better?

What do you think it means to be compassionate? Can you give an example?

Do you think animals can show compassion too?

Have you ever felt sad or upset and had someone be kind and understanding towards you? How did it make you feel?

What would you do if you saw someone being bullied at school? How can we stand up for others in a kind way?

How can you show that you are a compassionate person?

How do you know if someone is feeling sad, hurt, or angry?

GIVING BACK CONVERSATION STARTER



What do you think the difference is between taking and giving? How can we strive to be more giving individuals?

Have you ever heard of the phrase "it's better to give than to receive"? Do you agree? Why or why not?

What are some things that you are thankful for in your life? How can we show gratitude by giving back to others?

Have you ever experienced the feeling of receiving a random act of kindness? How did it make you feel and how can we pay it forward?

Have you heard of people donating money, food, or toys to charity? Why do you think it's important to give back in these ways?

Have you ever volunteered your time or helped someone in need before? Can you tell me about your experience?

What do you think are the benefits of helping others and giving back to our community?

What do you think it means to give back to your community? Can you think of a way you can make a positive impact?

What are some of the ways we can give back to the environment?

What can we do to help those in need, especially during the holiday season or special events?