

Colossians 3:12 *Clothe yourselves with compassion, kindness, humility, gentleness and patience*

Christians believe that their attitudes and actions must reflect the kindness, mercy and compassion of Jesus and the love of God for everyone.



Sometimes we want to show compassion, but we just don't know how

- **Be a Listener** - One of the best ways to show our compassion is to listen and understand. There is a difference between hearing and listening.
- **Be Empathetic** - Being empathetic means that we put ourselves in the other person's shoes and try to understand the other person's feelings. Sympathy is just feeling sorry for someone. We can show the most compassion by being empathetic.
- **Be Aware** - Be aware of what's going on around you. When you open your eyes to your world, you can often see more clearly where compassion is needed.
- **Be Kind** - Kindness is a great way to show compassion. Never underestimate a kind word.

Compassion - sympathetic pity and concern for the sufferings or misfortunes of others, accompanied by the strong desire to alleviate the suffering.

Charities are organisations, based on **compassion**, which positively change or even save lives. Many of us in school have first-hand experiences of working with charities that have either helped ourselves or our families. As global citizens, many of us also support charities that do incredible work on a worldwide basis. When we learn about and support charities, we are showing **compassion** for others. We are supporting Sport Relief 2016 www.sportrelief.com 18th – 20th March.

St Anne's CEVA Primary School

Values for Life

TERM 4 - 2016

COMPASSION



"Learn to Love...Love to Learn"

During this Lenten term we will be discussing compassion for how Jesus' friends and family would have felt both on Good Friday in the darkest of times and on Easter Sunday when hope returned to the world.

Wisdom, compassion and courage are the three universally recognised moral qualities of men
Confucius

You have not lived today until you have done something for someone who can never repay you
John Bunyan

A little consideration, a little thought for others makes all the difference
Eeyore



For reflection.....

- In what ways do we encourage members of the school community to show kindness and respect to one another?
- How are new members of the school community nurtured and supported in their first term?
- How do we help and encourage children to understand and empathise with members of their community who have suffered traumatic experiences, eg. Bereavement