

# 12 Day Compassion Challenge

Place a ✓ in the circle after you have completed each challenge.

<input type="checkbox"/> Speak to someone with kindness.	<input type="checkbox"/> Apologize when you've made a mistake.	<input type="checkbox"/> Listen to someone carefully and without judgment.
<input type="checkbox"/> Encourage another person to try something new.	<input type="checkbox"/> Offer to help someone with a task.	<input type="checkbox"/> Show happiness for someone else's success.
<input type="checkbox"/> Include someone in your lunch or playgroup who is by themselves.	<input type="checkbox"/> Forgive someone for making a mistake.	<input type="checkbox"/> Give someone a specific compliment or positive comment.
<input type="checkbox"/> Share something you have with someone else.	<input type="checkbox"/> Call or write to someone who might be lonely.	<input type="checkbox"/> Write a compliment to yourself and hang it up where you can see it.

- 1 Discuss each of the 12 challenges listed and talk about how your family can complete each one.
- 2 Work together to complete all 12 challenges in 12 days. Not everyone has to complete all 12, you can work as a team! Each time someone completes one, check it off the list.
- 3 When you have finished your 12 day challenge, talk about what you learned from completing these tasks.

