



THE BLACK SASH VALUE OF **COMPASSION**

An enlightened kung fu master once said, “You can only get what you are willing to give away.”

What do you think this statement means?

When we hesitate to do acts of kindness towards other people, can we really expect people to freely be kind to us?

A compassionate person trusts that his or her acts of good will come back to them at the right time. If you are humble enough to help someone in need, then you will not be too proud to accept help when you are in need of it.

Another word for compassion is charity. A charity is an organization that works to donate time and money to a specific cause, like rescuing animals or feeding the hungry. Usually that is what people think of when they hear the word “charity”. However, charity is also a quality that a person can have.

Charity is the opposite of greed. What does greed mean? A greedy person wants to take what they want from anyone they can, and doesn’t care where it comes from. The opposite would be charitable person. A charitable person wants to give all they can to anyone who may need it.

It is important not to pass judgment on those in need. For instance, if you see a homeless beggar on the street, you should not jump to the conclusion that it’s that person’s fault and therefore you should not give them any of your spare change.

In reality, we really have no idea what that person has gone through. And even if it IS their fault, that person may need a couple dollars just to make it another night so they can have the chance to help themselves again.

At some point in our lives, we will ALL need the help of someone else to get us out of a mess. Therefore, we should be willing to help others, if we can, regardless of where they are in their lives.

YOUR ASSIGNMENT IS ON THE BACK ---->

COMPASSION ASSIGNMENT #3

Complete the assignment to earn 1 homework stripe on your belt.

YOUR MISSION: Now that you have mastered the art of the Random Act of Kindness, it is time to try your hand at a Planned Act of Kindness. You must propose and carry out an act of Community Service that will take you **AT LEAST 1 HOUR TOTAL** to complete. If you can, have friends or family members do this community service with you. Also if possible, take a photo to attach to the assignment when you hand it in.



**COMPASSIONINJA
IS BACK!**

Your idea must be approved and signed off on by any instructor **BEFORE** you can start. You must also have your parent or guardian sign when you have completed your mission

NAME : _____

CODENAME: _____

You can make up your own mission, but here are some ideas:

Get involved in a soup kitchen volunteer service in your city

Walk dogs at a local animal shelter

Shovel snow or rake leaves for elderly people in your neighborhood

Make Holiday cards for nursing homes.

Pick up garbage in specific part of town and properly dispose of it

Have a lemonade stand or garage sale and donate the proceeds to your favourite cause

Offer your free time as a babysitter for a busy parent that you know

MY COMMUNITY SERVICE PLAN IS: _____

INSTRUCTOR NAME: _____ **INSTRUCTOR SIGNATURE:** _____ **Date:** _____

After you have completed your assignment, have your parent/guardian and yourself sign below to say that you have completed your mission and that you spent at least 1 HOUR total to complete it.

PARENT NAME: _____ **PARENT SIGNATURE:** _____ **DATE:** _____

STUDENT NAME: _____ **STUDENT SIGNATURE:** _____ **DATE:** _____

How did my Community Service Mission benefit others in the community? _____
