



THE BLACK SASH VALUE OF COMPASSION

Think about the meaning of this famous quote:

“You can easily judge the character of a man by how he treats those who can do nothing for him.”

In other words, we are only as nice as we treat other people when we don't expect anything in return. A truly compassionate person treats everyone with respect and kindness, even when they know they won't get anything in return.

Picture yourself in this scenario. You have a new friend named Bob at school. Bob is really nice to you! He shares his snacks and his school supplies with you, and always saves a seat for you at lunch. One day, you go over to Bob's house for a play date for the first time. You are surprised to notice that Bob is a bully towards his little brother, Jon. He is always rude to Jon, and calls him names when their parents aren't looking. You notice that Bob is only nice to Jon when he wants to borrow his toys, but as soon as he has what he wants, he goes back to being a bully.

How does it make you feel to know that Bob treats you nicely but treats his brother so meanly?
If someone asked you about Bob, would you say he was a nice person or a mean person?
How do you think Bob would treat you if he wasn't getting what he wanted from you?

How we treat one person is the same as how we will eventually treat everyone else, including ourselves. A person cannot go forever treating one person with respect and another person with disrespect. Eventually, one side will win.

By this logic, every kind thing we do for another person is the same as someone else doing a kind thing for you. When we are kind to others, our brain interprets it the same as when someone is kind to us. We can feel just as good when giving a gift as we do when we receive it. We shouldn't be stingy when it comes to doing nice things for others, or else we miss an opportunity to feel good about ourselves.



How do you feel inside when you do something nice for someone else?

YOUR ASSIGNMENT IS ON THE BACK ---->

COMPASSION ASSIGNMENT #2

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



YOUR MISSION: You are a Random Act of Kindness Ninja. Every day for one week perform a random act of kindness and record your actions below. If possible, try to do kindness without being seen. These acts are random, and not planned out in advance. Follow your natural instinct to be a kind and compassionate person. While you are going about your day, take notice of times when you see that someone needs help or that there is a way you can contribute. Don't let selfishness prevent you from doing the right thing. For instance, you're walking home from school and you see an old plastic water bottle in the grass about 5 feet away from a recycle bin. No one is around except you... what do you do?

NAME : _____

CODENAME: _____

DAY 1. _____

DAY 2. _____

DAY 3. _____

DAY 4. _____

DAY 5. _____

DAY 6. _____

DAY 7. _____