

# THE BLACK SASH VALUE OF **COMPASSION**

Please read through this worksheet as a family and then talk about what compassion means to you and your family.

**Compassion (n.) – sympathetic concern for the feelings of others**

**Synonyms: empathy, consideration, sympathy, fellow feeling, care, concern, sensitivity, warmth, love, tenderness, mercy, leniency, tolerance, kindness, humanity, charity, unselfishness, patience with others**

The word compassion comes from the root words “com–” which means ‘together’ or ‘with’ and “passion” which means ‘strong feeling’. Compassion literally means “feel with”. A person with compassion is sensitive to how others are feeling. When someone is sad, they are not afraid to be sad with them to help them feel better. When someone is happy, they feel genuinely happy for them.

As future Black Sashes, we have a responsibility to develop deep compassion for everyone around us, no matter who they are, what they look like, or where they come from. We learn self-defense so that we never have to use it. We can make the world a more peaceful place by doing our part to be kind, courteous, unselfish, and respectful. These qualities come from compassion.

Compassion begins with care. We have to care about the people around us. In today’s society, too often we are encouraged to focus on what we want, not caring how we get it. We can start caring for others when we are looking for good qualities in them that we admire. Every person has positive qualities.

We must also learn to see the good qualities in our own selves. It’s almost impossible to be compassionate if we can’t see the good qualities we have already.

We must learn to see GOOD in the world, starting with yourself and the people around us.



**YOUR ASSIGNMENT IS ON THE BACK ---->**

# COMPASSION ASSIGNMENT #1

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

Use the spaces below to write 10 positive qualities you like about yourself, Then write 10 positive qualities about 2 other people you know. Be specific! Don't just write "everything".

## 10 GOOD THINGS ABOUT

MY NAME

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

SOMEONE I KNOW

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

SOMEONE I KNOW

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_