

# Compassion

**Compassion** means "to suffer together." It's the feeling you get, when you see someone in pain, that makes you want to help them up. So let's get compassionate!

Name: \_\_\_\_\_

Have you ever seen someone hurting and wanted to help them?

Yes

No  (if no, just look around! There's always someone to help!)

Describe a scene in a movie where one character shows compassion for another (i.e., one character's in trouble, and the other says "I'll help you out!")

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Do you only show compassion for people you like or love? Why should you show compassion to someone you don't know (or who isn't nice)?

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Describe a time when someone showed compassion for you.

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How does your martial arts training make you more compassionate?

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