

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

Date: \_\_\_\_\_

# COMPASSION

Look up the word compassion. Write a sentence that uses the word compassion in it.

Why do you think it's important to have compassion in martial arts?

Brainstorm ways you would like to show compassion in your home, school/work, karate and community!

**HOME**

\_\_\_\_\_  
\_\_\_\_\_

**SCHOOL/WORK**

\_\_\_\_\_  
\_\_\_\_\_

**KARATE**

\_\_\_\_\_  
\_\_\_\_\_

**COMMUNITY**

\_\_\_\_\_  
\_\_\_\_\_

Commit to making one of those things happen this week. Put a star next to it!

## FAMILY DISCUSSION

Share about a time when someone showed you compassion.  
What did they do? Why did they do it? How did it make you feel? As a family, decide on one thing you can do to be compassionate towards someone else. What will you do?