

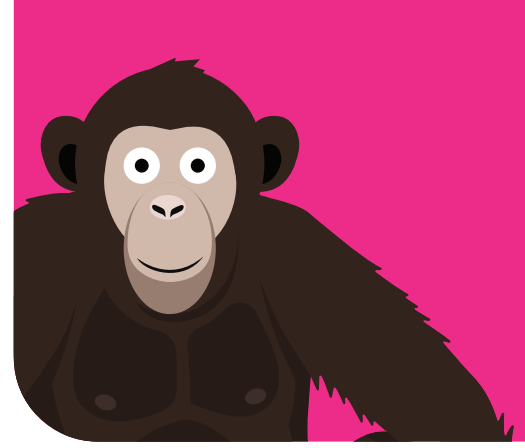


As the cold winter slowly continues, it can be hard to move yourself to do much of anything. Helping kids see the needs of others and react with care and concern this month is just the reason we're focusing on...

## **COMPASSION:**

*Caring enough to do something about someone else's need.*

## Compassion FEBRUARY 2022



### SAY IT:

Compassion means caring enough to do something about someone else's need.

### KNOW IT:

#### ASK A KID:

- Has anyone ever come to your side when you have needed help with something? Was it a teacher, friend, parent, etc.?
- Think of a time when you lent a hand to help someone else when they were in need.

#### ASK A GROWN UP:

- When is the last time that you helped someone who was struggling with something or simply needed help? What was the end result?
- How does it feel to lend a hand to help someone else?
- What are some acts of service that people have done for you in your lifetime?

### SEE IT:

Watch this clip from *Beauty and the Beast*. Even though Belle could choose to be angry with the Beast because of his attitude and gruff demeanor, she decides to do something about his need. She takes care of him after he is attacked by wolves in the forest. He saved her from danger and now she is showing compassion and returning the favor.

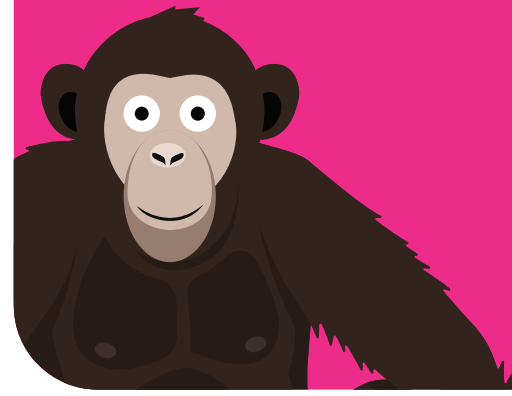
<https://www.youtube.com/watch?v=Lm8YW2izYCo>

### BE IT:

This month, choose one volunteer opportunity that your family would like to partake in. Options might include volunteering at the local senior center to serve a meal, volunteering at your church or simply picking up trash around the local park. Caring enough to do something about someone else's need is a valuable trait and will leave you feeling very fulfilled and happy.

## PHASE

Compassion  
FEBRUARY 2022



# We all want to know that we matter, that we are important.

One way that we can discover how we are important to others is **through work**. Maybe your child isn't ready to put in an 8-hour day at the office (who is!?), but he or she can still do significant work that will help your family and others. From taking out the trash, to doing dishes, folding laundry, or lending a hand to the neighbor, there are age-appropriate tasks that all kids can do.

Doing this work will make them feel important, needed, and connected to others.

**So don't miss it.** This month, look for work that develops independent habits in your child.

# february 2022

COMPASSION // CHIMPANZEE // PINK

**Chimpanzees are great apes** living in central and western Africa. Along with bonobos, they share more than 98 percent of our genetic blueprint. They share many emotions with humans as well, including empathy - the ability to understand another's feelings.

Family groups have roughly six to 10 members, and families live in communities of up to around 100, led by an alpha male. Like humans, chimpanzees have complex social lives, with friends and enemies and power struggles. The strongest bonds in a chimpanzee troop are between mothers and babies, and a youngster will stay with its mother for several years.

A chimpanzee menu includes dozens of items, such as fruit, seeds, leaves, flowers, bark, honey, and insects. Chimpanzees also eat meat, hunting monkeys and other smaller animals, and are the only apes to do so regularly. Extremely intelligent, chimpanzees make and use tools at mealtime. They strip leaves from branches and use these sticks to get insects out of termite or ant mounds. If water is

not available, they soften leaves in their mouths to make them spongy and use these to collect rainwater from holes in trees.

Both male and female chimpanzees have adopted orphaned chimps in the wild – a commitment lasting years. Captive chimpanzees have been observed helping each other as well. In one case, a chimpanzee saw another unable to reach food outside its cage. The first chimpanzee opened the door so the hungry chimpanzee could retrieve the food. Chimpanzees have also shown empathy to human strangers.

**COMPASSION:** *Caring enough to do something about someone else's need*

A cartoon illustration of a chimpanzee with dark brown fur, a light brown face, and large white eyes. It is standing in a savanna landscape with green trees and a blue sky. A yellow speech bubble is coming from its mouth.

**Chimpanzees show compassion by helping each other.**

# february 2022

COMPASSION // CHIMPANZEE // PINK

Pink is the color most associated with compassion, at least in modern times. Think “pink ribbon” campaigns to support cancer patients. Pink is considered warm and nurturing. In familiar gentle shades, it has a calming effect. In Western cultures, pink represents friendship and harmony and caring. The phrase “tickled pink” means being happy, and if you are “in the pink,” you’re in good health.

***COMPASSION: Caring enough to do something about someone else's need***