

What does 'compassion' mean to you?

Compassion is noticing when someone needs help and choosing to act with kindness.

Activity

Think of a time when someone showed you compassion.

How did it make you feel?

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Who in your life inspires you to be kind?

They might be a teacher, a friend, a family member or someone you've read about.

Activity

Make a list of the things this person does that make you want to be more compassionate.

**Can you do one of those
things yourself today?**

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Why is clean water so important for families around the world?

Think about all the ways you use water each day. How would your day be different if you didn't have easy access to clean water?

Activity

What would you miss out on if you had to walk a long way carrying buckets full of water before and after school each day?

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How can we be more compassionate, every day?



Every act of compassion matters. It could be something simple like cooking a meal for a neighbour, donating toys or even holding the door open for someone.

Activity

Write down seven different things you can do to show compassion. **Put the list on your fridge and try to tick one off each day over the next week.**

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Why do hundreds of thousands of people come together for Caritas Australia's Project Compassion?



For the last 60 years, people have been uniting against poverty and fundraising for Project Compassion. The funds raised each year bring hope and lasting change to the most vulnerable communities around the world.

Activity

How can your family take part in Project Compassion this Lent?

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