

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?**

**UNITE
AGAINST
POVERTY**
this Lent



Caritas
AUSTRALIA

**PROJECT
COMPASSION**