

COMPASSION

DAY 1

Good morning and welcome to *The Principal's Principles*. **COMPASSION** is a sympathetic understanding of another person's pain with the desire to relieve it. Albert Schweitzer was a medical doctor who believed that caring for others was both a responsibility and a blessing. He built a hospital in Africa where he served people who had no previous medical care. He said, **"The purpose of human life is to serve and show compassion . . . to help others."** Compassion makes the world a better place! Make it a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. **COMPASSION** means that you understand another person's sadness so well, that it almost becomes your own. If you ever were so sad for another person that you felt like crying yourself, you have felt compassion. When you try to relieve their discomfort, it makes you feel better too. You may not be able to fix the person's problem, but giving your time and tenderness helps lift spirits and brings hope to you both. John D. Rockefeller, Jr. said, **"Giving is the secret of a healthy life. Not necessarily money, but whatever a person has of encouragement, sympathy and understanding."** Look for people who could benefit from an encouraging word or a listening ear. Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. Treating others with respect and kindness shows **COMPASSION**. There are many ways you can show that you care about others. For example, you can visit a lonely neighbor or comfort a child who is crying on the playground. You can donate groceries to a food bank or feed the birds in your backyard. You can stand up for someone who is being teased or take special care of your family pet. Look for opportunities around you to serve others and choose to act with compassion! Make it a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. **COMPASSION** is a character trait that can bring happiness to both the giver and receiver. When you try to strengthen and comfort another person, you feel happier too. In fact, if you ever feel sad or bored, one of the best things you can do is to serve another person. As you cheer up your friend or do chores for a family member, you will feel the joy that comes from helping another person. Reach out to others and seek to show compassion. Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. Showing **COMPASSION** requires both feelings and actions. When you truly care about another's needs, you respond with compassion. It doesn't have to be an elaborate production; simple kind gestures and comforting words can make a big difference to someone in need. Consider this statement: If you want others to be happy, show compassion. If you want to be happy, show compassion. Showing compassion is definitely a win-win! Make it a fabulous day!