

GROW COMPASSION



A KINDER WORLD starts with YOU

COMPASSION is lending a hand when someone else trips and scrapes their knee.

COMPASSION is giving a friend your dessert when they're having a bad day.

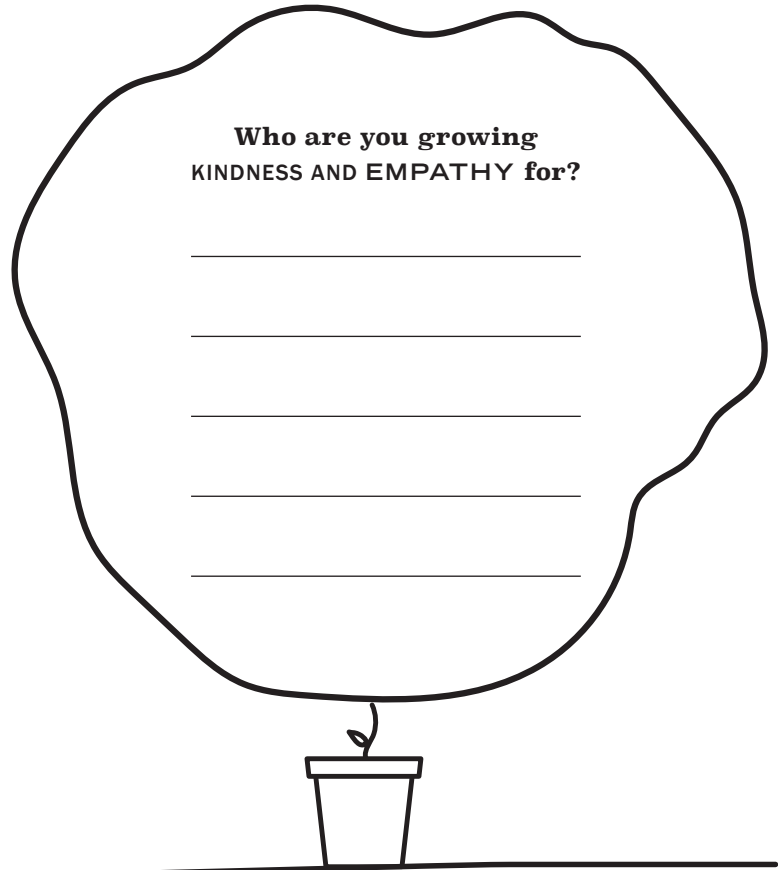
COMPASSION is understanding how someone feels when they lose at a game, even if you win.

COMPASSION dancing in the rain together when your friend forgets their umbrella.

COMPASSION is caring and understanding.

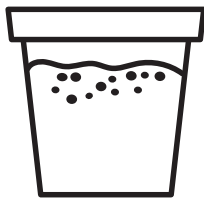
COMPASSION is:

Who are you growing
KINDNESS AND EMPATHY for?



PLANT your COMPASSION FLOWER

1



Fill pot with dirt, leaving $\frac{1}{4}$ inch of room from dirt level to rim of the pot

2



Use shovel to dig a hole $\frac{1}{3}$ inch deep

3



Place seed/seedling in the hole

4



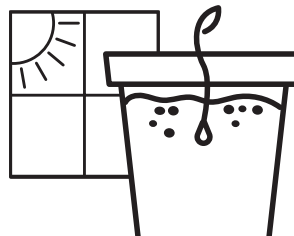
Cover it with dirt, gently pat dirt down

5



Spritz with water, keep the dirt moist without overwatering

6



Place in sunny spot

COMPASSION is a lot like growing a flower. It takes TIME and PATIENCE. A WATCHFUL EYE and HELPING HANDS.



**Watch and listen for what your
Compassion flower needs.**

**Some days, it may need a little
extra attention or water.**

**Other days, it may be
craving sunlight.**

Just like our friends.

**When you grow Compassion
the world becomes a much
happier place to live.**