**Compassion Card
*“If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.”
~ Dalai Lama***

**This month at Cottage Lane we are practicing compassion. Help us fill the world with love, and make the world awesome. Practice compassion by completing five in a row to earn a heart for our school display. Earn a second heart for completing the border. Earn a third heart for completing the full board.
Go fill the world with compassion!**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sit with a new person or group of people at lunch. | Find something you have in common with a classmate. | Ask someone about their day. | Volunteer to help someone study for a test or help them in class. | Smile and use good eye contact with everyone you see today. |
| Make a thank you card for your teacher. | Settle a conflict and negotiate differences. | Help a friend learn a new skill or game. | Bake treats for your local fire/police department. | Invite someone to play with you at recess. |
| Say good morning or greet classmates and teachers. | Leave happy notes around your town. | http://worldartsme.com/images/filled-heart-clipart-1.jpg | Make and send a Valentine Card to a veteran. | Pick up litter. |
| Hold the door open for someone. | Give your bus driver a candy. | Complete a chore for someone without him/her knowing.  | Participate in Jump Rope for Heart at CLE. | Let someone go ahead of you in line. |
| Make a thank you sign for your sanitation worker.  | Give a compliment to someone for their hard work. | Write a letter to a family member telling them how much you love him/her. | Create a get well card for someone who is sick.  | Tell someone why they are special. |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_