

Character Trait

Be Compassionate

Notice when others are hurting, and choose to be kind, caring, and helpful.

Nature Fact

Emperor penguin chicks stay close together in a huddle to keep warm. They look out for each other and share body heat, showing amazing care and compassion.

Character Lesson

Compassion means caring about how others feel. When we show compassion, we help others, make them feel included, and bring more kindness into the world.

Let's Talk

- How do you think the penguins show compassion?
- When is a time you helped someone who was sad or hurt?
- Why is it important to be kind and caring to others?

This Week's Heart Challenge

Look for one way to show compassion this week. It could be a kind word, helping someone, including a friend, or noticing when someone needs encouragement.