

5 Ways to Practice Compassion as a Family

Compassion grows when we practice it. A service project is a meaningful place to start, but everyday moments matter, too. These five simple practices can help your family notice others, listen with care, and make kindness part of your week.

1. Check on a neighbor

A thoughtful check-in can begin with "How are you doing?" Together, reach out to a neighbor you know and give them room to share. Listen before offering help, and let their answer guide you. Children can join with a parent or trusted adult.

Talk About It: What could we ask to learn how our neighbor is doing?

2. Encourage someone

Write a note, make a card, or tell someone something specific you appreciate about them. You might thank a teacher for their patience or a friend for including others. Help your child notice the person and their effort, rather than only what that person does for your family.

Talk About It: Who could use a little encouragement from us?

3. Practice gratitude

Choose something you use every day, such as toothpaste, clean socks, or a warm blanket. Talk about how it supports your comfort and well-being. Gratitude can help us notice needs we might otherwise overlook, without comparing our lives to someone else's or assuming what they have.

Talk About It: What everyday item are we grateful for, and why?

4. Serve together

Choose a simple way to care for someone in your community. With their permission, help a neighbor with yardwork or bring a meal to someone you know. Ask what would be useful, choose something your family can manage, and respect the person's privacy.

Talk About It: How can we find out what help someone would welcome?

5. Build a Neighbor Care Kit

Use City Union Mission's current Neighbor Care Kit lists to choose requested essentials together. Check the needed items, sizes, and delivery instructions before shopping. Let children help within your family's budget, and explain how useful items can support a neighbor's everyday needs with care and dignity.

Talk About It: How can we make sure our kit is useful to the person receiving it?

Choose one practice to try this week. You do not have to do everything at once. Small, thoughtful acts repeated over time can help your family build a habit of compassion.

Learn Together. Talk Together. Serve Together.

