

7 Questions That Grow Compassion

Compassion grows through everyday conversations. Use these seven questions at the dinner table, in the car, or before bed to help your family notice others, listen with care, and find small ways to help.

Choose one question at a time. Give everyone room to answer, and share your own thoughts, too.

- 1 What does it mean to be a good neighbor?**

- 2 What do you think makes someone feel cared for?**

- 3 What is something you use every day that you rarely think about?**

- 4 How might it feel if you did not have easy access to that?**

- 5 What could we do when we notice someone having a hard time?**

- 6 How can we serve someone without making them feel embarrassed?**

- 7 What is one compassionate thing our family could practice this week?**

Parent note

There are no perfect answers. The goal is to notice, listen, and keep the conversation going.

Learn Together. Talk Together. Serve Together.

