

Family Compassion Challenge

Seven days. Small acts. A growing habit of compassion.

Try one simple practice each day. Check the box after you try it, and talk about the experience together. Adapt each activity to your children's ages and your family's time and budget.

- ☐ **Day 1: Notice**
Look for someone who may need encouragement. Think of a kind word or gesture you could offer.

- ☐ **Day 2: Listen**
Ask someone how they are doing and really listen. Give them time to answer without rushing to offer advice.

- ☐ **Day 3: Appreciate**
Name three everyday things your family usually takes for granted. Talk about how each one helps you.

- ☐ **Day 4: Include**
Invite someone into a conversation, activity, or meal. Make room for them, and respect their choice to join or decline.

- ☐ **Day 5: Give**
Choose something your family can share, such as time, a useful item, or a meal. Ask what would be welcome.

- ☐ **Day 6: Serve**
Build or shop for a Neighbor Care Kit. Check City Union Mission's current lists for requested items, sizes, and delivery instructions.

- ☐ **Day 7: Reflect**
Talk about what your family learned. What did you notice about listening, caring, and helping others?

What is one thing our family wants to keep practicing?

Learn Together. Talk Together. Serve Together.

