

# Compassionate Me

## Week 3 - Compassion for Strangers

### Acts of Kindness



**Here are some suggestions that the team have come up with to enable you to show compassion to strangers.**

*Remember, these are only suggestions - do what's right for you and as many/few as you like - and be as creative as you like with your activities.*

1. Give receptionists at the doctors/medical centre some chocolates.
2. Buy a Big Issue.
3. Donate money to a charity.
4. Do a clear out of things you haven't worn - and donate to a charity.
5. Offer to help someone carry their shopping if you see they are struggling.
6. Help an elderly person at a supermarket checkout pack their groceries if you think they are struggling.
7. Stop your car to allow people to cross the road.
8. Be more thoughtful when driving on the roads - thank people, allow people the right of way.
9. Open doors for people if they have their hands full.
10. Take some tasty treats to your children's school for the teachers.
11. Give your parking ticket (if you have time left on it) to someone.
12. Make an effort to smile at random people (without looking suspect...!)
13. Be patient with shop assistants in shops - perhaps strike up a conversation with them - or at the very least smile at them.
14. Take time to chat to the elderly.
15. If introduced to someone new, make a conscious effort to remember their name and something positive about them. Remember Mindful Listening is very important.
16. Volunteer to visit patients at a hospital or the elderly at a day centre. (You may need to organise this in advance.)
17. Buy a coffee/tea/sandwich for a homeless person.
18. Take treats to the staff at a nursing home or care home - they all work so hard!
19. If you watch the news, then do a short meditation for all the people you have just watched on it who may be suffering. You can say the same or similar words to the one in the Metta meditations.

**Write some of your own suggestions here:**

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