

Compassionate Me

Week 2 - Compassion for Friends & Family

Acts of Kindness



Here are some suggestions that the team have come up with to enable you to show compassion to your friends and family.

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. Hug someone.
2. Send someone flowers - for no reason at all - just to make them smile
3. Do a chore for someone. Something you know they don't particularly like doing - like cleaning the bathroom!
4. Text a friend you haven't been in touch with for a while.
5. Bake a cake for someone - surprise them by dropping it round to them.
6. Make a meal for a friend or family member who is struggling with life in general and needs some help!
7. Offer free babysitting for a night to someone who really needs a night out.
8. Invite a friend or family member to join you in one of your meditations - perhaps the Metta Meditation.
9. Sit down with your children and have an afternoon of colouring. Mindful colouring is not just for children - you'll enjoy it too.
10. Ask someone you know how they are - and then really listen to what they say.
11. Have a mindful conversation - giving your full attention to the person you are speaking to - with no distractions.
12. Pop a card in to the post to let a friend know you're thinking about them.
13. Invite a friend over for a pamper/movie night.
14. Offer to look after a friend's child for an hour during the day so that they can enjoy some breathing space.
15. Run your partner an indulgent bath.
16. Have a day where it's all about someone else (attending to their every whim...within reason of course!)

Write some of your own suggestions here:

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