

WHAT IS COMPASSION?

"Ouch!" Gerome cried as he fell on his hands and knees after tripping in a hole in the sand.

"Are you okay, Gerome?" his friend Tara asked. "You ran into the tunnel I was digging."

Gerome was crying and looking at his scraped knees where little red scratches were visible. "It hurts!"

"My mom always has Band-Aids for me, in case I hurt myself. I'll go ask her for two. Okay?"

Gerome nodded his head and wiped at his tears.

Within a few minutes, Tara was back with an antiseptic wipe and two Band-Aids. It wasn't long before Gerome was sporting two superhero Band-Aids on his knees. His tears were gone, and he was eager to start playing again.



"Maybe I should fill up my tunnel so no one else runs into it," Tara said. "Then do you want to play on the slide with me?"

Gerome agreed happily, and together the two friends were off.

Compassion is how we show our concern for others. Telling someone how sorry you are when something goes wrong is nice, but when you show compassion, you look for a way not only to show your concern, but also for how you can make things better for someone else.

So what is compassion? Compassion is putting your thoughtfulness and kindness into action by helping someone in need.

