

What is compassion?

Learn together, one small step.



Look closely

A child is sitting alone by the playground. Are they definitely unhappy?



Story 1 / 3



Xiaohe ran towards the playground with a ball. A new classmate, Ayuan, was sitting on a bench. 'They must need a friend!' Xiaohe thought, and reached to pull Ayuan into the game. 'Wait,' Ayuan said.

Pause and ask: What can you see? What has Xiaohe only guessed?

Story 2 / 3



Xiaohe stopped. 'Would you like to play, or sit here for a while?' Ayuan explained, 'My foot hurts. I'm waiting for our teacher.' Xiaohe had guessed wrong.

Pause and ask: Turn "Come with me" into a question about what someone needs.

Story 3 / 3



'Would you like me to call the teacher?' Ayuan nodded. Helping did not mean getting Ayuan into the game. It meant asking what would actually help.

Pause and ask: How can we respond if someone says "No, thank you" ?

A Buddhist idea

May you be happy. May you suffer less. Asking helps us choose well.



Talk together

Why did Xiaohe's first idea not help?

How could we respect Ayuan if they wanted some quiet time?



Try an activity

Act it out: 'Would you like help?' 'I would like...'



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

