

CREATE & PLAY

If you choose to lead this online via live or pre-recorded video, welcome and introduce your time together. Explain you're going to play a game or a few games together, depending on the ages and interests of your kids. If you're including the Feelings Match Game, have the kids color and cut their cards before starting the game. This is also included in the Family Pack.

DID YOU FEEL...?

Compassion helps us understand how others are feeling. We use clues like facial expressions, tone of voice, posture, and our own experience to imagine what others might be feeling. But we don't always get it right, so we have to ask, "Is this how you feel/felt?"

Take turns telling a short story about an experience while others guess how you felt. The person to your right tries to determine how you were feeling during that experience. After discovering their neighbor's feeling, they tell their own story.

EXAMPLE:

I lost my tooth this morning.

Did you feel pain?

Not really.

Were you excited?

Yes.

If you are participating digitally, take turns telling your stories and guessing feelings based on what you can see or hear on the screen. Is it more difficult to decipher feelings when we are not in the same room? Why or why not?

Afterward, discuss how you knew what the other person might have been feeling. Can you read minds? Did you ever get it wrong?

ACTIVITIES FOR YOUNGER CHILDREN (PRESCHOOL)

Feelings Match Game

Print out two copies of the Emotions Cards Page. Color and cut on the dotted cut line so you have 12 cards. Place cards face down. To begin the game, take turns flipping over two cards at a time. When you find two cards that match, show everyone your face to match the emotion on the card.

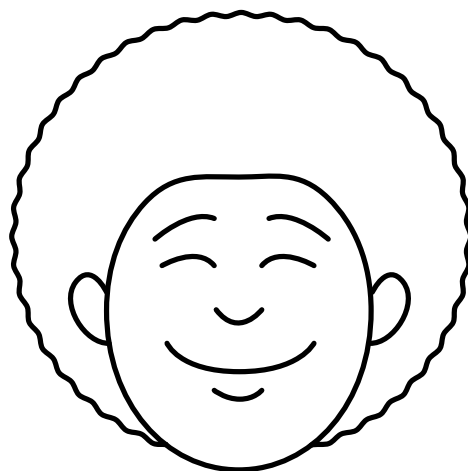
Let's Make Faces

Use the same cards you made for the Feelings Match Game. Stack cards in a pile, take turns drawing one card from the card pile, and act out the emotion on your card. Players guess the emotion you are acting out.





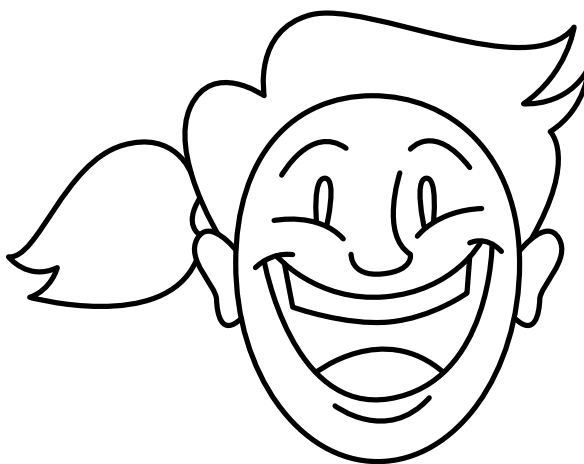
SAD



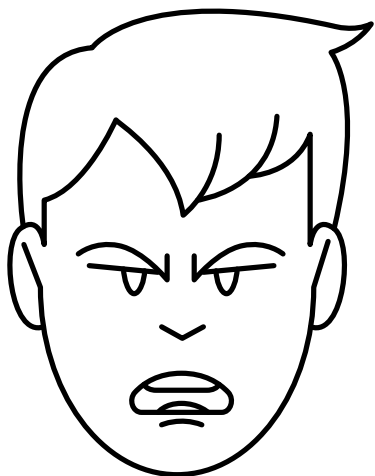
HAPPY



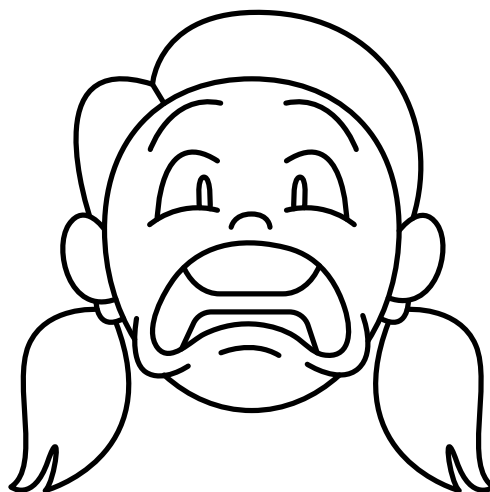
SILLY



EXCITED



MAD



SCARED



COMPASSION IN ACTION

If you choose to lead this online via live or pre-recorded video, welcome and introduce your time together. Explain you're going to lead everybody through creating a centerpiece to decorate your family's dinner table. One way to engage children online with this activity is to have them talk about what they want to make with the group, give them time to collect their materials, and make them together at the same time, showing progress along the way. This is also included in the Family Pack.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

**SMALL
ACTS.
GREAT LOVE.**
-MOTHER TERESA

CREATE A CENTERPIECE

Create a centerpiece, a table decoration, for your next meal together that can stay there as a reminder of how God draws everyone together at the table.

Suggested Supplies:

A container like a mug or vase
Pipe cleaners, straws, construction paper, tissue paper
Bits of nature like sticks, flowers, leaves, rocks, dandelions
Candles

Before you begin, think about what kind of centerpiece you want to make. What kind of container do you want to use? What do you want to display in that container? Will you find things in your yard or home? Will you use craft materials to make things like flowers or little paper banners to go into the container?

Go collect your items and get creative putting together your family's table centerpiece!

If you want to share what you've created, take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!

**PRO TIP: CHECK OUT
THE COMPASSION
CAMP PINTEREST
BOARD FOR EVEN
MORE INSPIRATION!**

WELCOMING
ONE,
your warm, wide arms
are **ALWAYS** open
drawing us into your Love.

Make **our ARMS** YOUR own

helping us SEE & WELCOME
with COMPASSION all

those we meet.

Amen

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.



COME TO THE TABLE

C

Come to the table

F

Come to the table

G

Come to the table

F

C

And celebrate with us

You may want to continue on with these other verses, or feel free to make up some of your own:

We are all welcome...

Let's have a party...

You are my sibling...

We are a family...

To modulate up a key, use D-G-A

