



My Reflection Journal for the Value of



Sit and face the candle.

Be as still as you can.

As you look into the flame, reflect on what you have learned about the value of Compassion.

Choose one thing and write your thoughts around the picture of the candle above.

Ourselves

*The seed that landed on fertile soil grew strong and healthy, and went on to multiply.
We ask God to help us to take His word into our hearts, to give us the strength to persevere, and to
keep focused on what we can do to grow and achieve, so that we might go on to live fruitful lives.*

Think of an occasion when you have shown compassion at home or at school.

Draw or write about what happened in the circle.



Our community

The seed that landed on fertile soil grew strong and healthy, and went on to multiply.

What can we do to be a positive force to those around us?

Everyone finds life difficult sometimes. The word compassion means being 'alongside' someone to understand how they are feeling, to listen to them and help in any way that we can.

Who has shown compassion and kindness to you?

Draw or write about them in the circle.



Our world

*The seed that landed on fertile soil grew strong and healthy, and went on to multiply.
How can we go out in to the world and live fruitful lives?*

Imagine one way in which you could show compassion at home or school this week.
Draw yourself doing this in the circle.

