

## Family Discussion Questions

### Exploring Our October Theme: CULTIVATING COMPASSION

These questions are designed to help families engage the theme through family discussions and can be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This process strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

1. If compassion were a color, what would it be and why?
2. Of all the fairy tale or storybook characters you've encountered, which is the most compassionate and why?
3. Can animals be compassionate? If so, how do they show it?
4. Can nature be compassionate? If so, how does it show it?
5. Who's a young person you know who is really compassionate? And who's a grown-up you know who is really compassionate?
6. Is it easier to be compassionate if you have everything you need or if you don't? In other words, do our struggles help us be compassionate or do they get in the way?
7. If a friend was upset because they lost a game, what might help them feel better?
8. Have you ever had a hard time showing compassion to someone, even when you knew you should?
9. Can people give themselves compassion?
10. Can you feel compassion for someone you've never met?
11. Are compassion and love the same thing? Why or why not?
12. When you're feeling compassion, what look is on your face?
13. What is the difference between compassion and pity?
14. Does showing compassion ever hurt?
15. When was a time that compassion motivated you to do something really hard that you otherwise might not have done?