

WHAT IS COMPASSION?

Compassion's mission is in its name:
Camp + Compassion = Compassion.

With a curriculum designed to teach compassion for others and for oneself, our camp is built upon 4 acts of compassion:

- Service
- Gratitude
- Meditation
- Exercise

CAMPER TESTIMONY

"Compassion was an amazing experience! It made me dig deeper and notice how awesome it feels to help others. Every second of it was so exciting and I couldn't get enough of it! I believe that the whole two weeks of Compassion made me a better person and I am so grateful for that." - *Caitlin, fourth grader*

OUR SCHEDULE



Morning:

- Gratitude practice
- Donation Drive Days Work
- Exercise
- Readaloud/Group Discussion
- Additional Service Project



Afternoon:

- Lunch/Recess
- Mindful eating
- Guided Meditation
- Closing read-aloud and reflection



PARENT TESTIMONY

There's nothing like it! It's not just a camp—it's a joyful and engaged way of life. The reflective and mindful practices encourage children to be present and self-aware. The campers become in tune with their communities, grow out of their comfort zones, and are empowered to do something that they care about! Research, donation drives, outreach, fun—these kids see themselves as true DO-ers in the community. The amazing opportunities and partnerships that campers experience are life-changing. This dynamic, caring environment that Kathleen has cultivated is one that my child has truly enjoyed and will never stop benefiting from.

- *Daphné, Compassion mother*

CONTACT US

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GRADES 4-5
JULY 8-19
AUGUST 5-16
CHARLESTOWN, MA

A summer camp that builds
compassionate **learners**
into
compassionate **leaders**
through service-based
learning



OUR ACTIVITIES

At its core, Compassion is an education-based program. Our mission is to not simply have children practice service, but understand the *why* of volunteerism through read-alouds, research, discussion, and our daily guests! We have days when we might jump into a HIIT workout at the Bunker Hill Monument, to serving lunch and bingo to seniors in our community, and ending our day with collecting hundreds of items to help those facing insecurities. Our days are packed with so much magic! Some of the activities we'll be doing are...

Service:

- Golden Age Senior Center: lunch, bingo, and walks with seniors in our community
- FosterLove: Making "Sweetcases" for children in the foster care system
- Donation Drive Work: Daily work researching, promoting, and hosting two days to collect items for Hope & Comfort, Harvest on the Vine, and Cradles 2 Crayons
- Field Trips to community fridges

Gratitude:

- Gratitude Journaling
- Gratitude Jars
- Gratitude Links

Mindfulness:

- Special visit and live meditation from mindfulness education program *Inner Explorer*
- Daily guided meditation
- Mindful eating

Exercise:

- Yoga with CorePower's Nicole Parsons
- HIIT, yoga, and running workouts with members of the Boston fitness community



THE FOUR ACTS OF COMPASSION

SERVICE



GRATITUDE



MINDFULNESS EXERCISE



HOW YOUR CHILD BENEFITS

There are so many benefits of what our camp has to offer. Combining service, gratitude, meditation, and exercise is a recipe to help kids learn to appreciate, give to others, and build important life skills. Ultimately, these practices will help kids feel empowered to help others and change the world.

SERVICE

Volunteerism helps children build the awareness that the world includes more than just home or school. Getting involved and giving teaches empathy and appreciation, strengthens social and life skills, and develops a sense of purpose.

GRATITUDE

Gratitude has many benefits for kids' mental and physical health. Practicing it daily boosts overall optimism and happiness, increases levels of self-esteem and resilience, improves sleep, and creates a greater focus on appreciating the big and little things in life.

MINDFULNESS

Meditation and mindfulness have shown time and time again to help children enhance focus and overall attention, increase working memory, raise levels of self-awareness and empathy, and improves emotional regulation.

EXERCISE

Cultivating healthy habits such as physical activity in children has long-term effects on a child's overall health. Daily exercise strengthens strong muscles and bones, creates higher levels of confidence, and improves attention and working memory.