

WHAT IS COMPASSION?

Camp Compassion is an education-based summer camp where children learn compassion through meaningful, hands-on service.

Campers explore real-world social issues through read-alouds, discussion, movement, and community engagement – and leave empowered to make a difference.

CAMPER TESTIMONY

"The projects at Camp Compassion weren't just fun – they really mattered. Learning about who we were helping and going on field trips made helping feel important and real. Making things like blankets for shelters and birthday boxes for infants made me feel like I was actually helping the community."
- Fabienne, 3 years of Camp Compassion

SAMPLE SCHEDULE

Morning:

- Gratitude practice
- Donation Drive Days work
- Exercise
- Readaloud/group discussion
- Additional service projects

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 benefitting from.

- Daphné, Camp Compassion mother

CONTACT US

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RISING GRADES 3-6

JULY 6-17

AUGUST 3-14

CHARLESTOWN, MA

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



OUR ACTIVITIES

At its core, Camppassion is an education-based service-learning program. Our mission is not just for children to do service, but to understand *why* it matters through lessons, read-alouds, research, discussion, and real-world experiences.

A single day at Camppassion might include a HIIT workout at the Bunker Hill Monument, serving lunch and playing bingo with seniors, and ending the day assembling hundreds of donated items for local families and shelters.

Service (examples include):

- Supporting seniors in our community
- Foster care support: Creating "Sweetcases" for children in foster care
- Creating care kits (hygiene, food, comfort items, and birthday boxes) for shelters
- Designing and hosting donation drives
- Service-based field trips and youth-led advocacy projects

Service partners include:

Hope & Comfort • Pine Street Inn • Rosie's Place
• New Health • Harvest on the Vine • Cradles to Crayons • More Than Words • FosterLove • Birthday Wishes

Guest Visitors:

Throughout the session, campers learn from visiting educators, artists, athletes, and community leaders, including JP Pilates, Bionic Project, Inner Explorer, Essem Art Studio, and local civic leaders.

Daily Practices:

Each day also includes guided gratitude practice, mindfulness, and movement to support campers' emotional and physical well-being.



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. By combining service, gratitude, meditation, and exercise, Camppassion helps children build empathy, appreciation, and important life skills. Ultimately, these practices empower kids to help others and make a real difference.

SERVICE

Research shows that 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 fosters a sense of purpose.

GRATITUDE

Gratitude has many benefits for children's mental and physical health. Practicing it daily boosts optimism and happiness, builds self-esteem and resilience, improves sleep, and helps children appreciate both big and small moments.

MINDFULNESS

Meditation and mindfulness have been shown to help children strengthen focus and attention, increase self-awareness and empathy, and improve emotional regulation.

EXERCISE

Cultivating healthy habits like physical activity has long-term benefits for children's overall health. Daily exercise strengthens muscles and bones, builds confidence, and improves attention and working memory.