

WHAT IS CAMPASSION?

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

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

KID TESTIMONY

"In the beginning, making videos and games out of counting items were the best parts about our projects. But in the end the best part was that each project made me happy and excited knowing another person was getting what they needed."

-Emmett P., former third grader

OUR SCHEDULE



Morning:

- Gratitude journaling
- The Gratitude Gatherer Game
- Meditation/Mindfulness
- Exercise



Afternoon:

- Book clubs for social change
- Instagram/TikTok: video making for nonprofit awareness
- Field trips to nonprofits
- Service showcase event



PARENT TESTIMONY

"I can't say enough good things about the reflective practices that Ms. Chiong does with her students; she is instilling an awareness of the importance of giving back and being a responsible and caring member of the community. I believe that this sense of compassion being fostered at such a young age will be an experience that these children will never forget!"

-Faith Litchock-Morellato, mother

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GRADES 4-5
JULY 10-JULY 21, 2023
CHARLESTOWN, MA

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

MY STORY

IT STARTED IN THE CLASSROOM

JULY 10-
JULY 21,
2023

Founded in 2022, Compassion was created by Boston Public School teacher Kathleen Chiong who has a passion to teach kids that not only is service easy, it's fun!

During the school year, Kathleen runs service-based projects with her students. Each month, her classroom chooses a nonprofit from the Greater Boston area to support. Their projects have helped organizations such as Hope & Comfort, Birthday Wishes, Friends of Boston's Homeless, and the New England Center and Home for Veterans. Their projects have helped to collect thousands of items for organizations.

Kathleen has witnessed firsthand the magic that comes when kids find joy in helping others. She's seen her students come out of their shells to create videos that inspire other kids to make valentines for homeless veterans. She's watched kids collaborating with one another while counting tubes of toothpaste for those in need of access to hygiene products. And she's even seen kids making sock puppets to rally up their peers to donate socks for those facing housing insecurity.

On the very last day of school one year, a few of Kathleen's students didn't want to have "free time." They asked instead to take videos of themselves to talk about why they liked their service projects. After asking them why they didn't want to have free time, one student said, "I can play games or go on the computer all summer, but I can't do this."

And that's where the idea of Compassion first came to be.

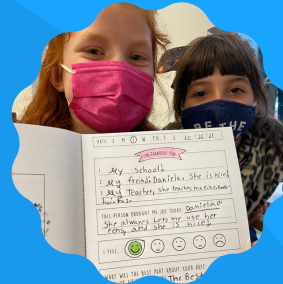


THE FOUR ACTS OF COMPASSION

SERVICE



GRATITUDE



MEDITATION



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 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.

MEDITATION

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.