Compassionate Warriors

Compassionate Warriors, Inc.

Compassion Starts With You

Welcome to
Compassionate Warriors, Inc.

We are happy you have chosen to become a Compassionate Warrior. Putting compassion in action can make a difference in your *life* and the *life of someone else.* By simply being kind and thinking about another person you can put a smile on their face and it will make you *feel* good about yourself.

Think about a time someone else made you smile by being nice to you. Do you remember how it made you *feel* inside? Now it is your turn to do this for someone else.

Have fun while you go through each of the tasks on the *following* pages.

Be a
Good Neighbor

When you're neighborly, you are friendly and helpful to the people who live in your neighborhood or building. Some examples of neighborly gestures would be to help a neighbor take out their trash, help them to walk their dog or sweep their patio. Pick a neighbor in your neighborhood that you would like to help and tell us what you did to help them.

Neighbors Name

What did you do for them?

How did it make them feel that you chose to do something nice for them?

How did it make you feel to do something nice for your neighbor?

Have a parent sign below
after you have completed this task

Help a Senior

Ask them if they need any help with tasks such as shopping, or putting letter in their mail box. They may need help taking their garbage to the road or maybe you can make them a cake or a snack and surprise them. Sometimes just visiting a senior is nice because many of them live far away from family.

Name of Senior

What did you do for them?

How did it make them feel that you chose to do something nice for them?

Did this person tell you any interesting stories about when they were younger?

Have a parent sign below
after you have completed this task

Good Deed Of Your Choice

A good deed is something which helps either you or society. An example of a good deed would be cooking a meal for your parents, help a friend in need, or helping out your community in a meaningful way.

What good deed did you choose to do and why?

How did this good deed impact the life of another person?

How did it make you feel to do something good for someone else?

Have a parent sign below
after you have completed this task

HELP THE HOMELESS

Donate to a Good Cause

It can make you feel pretty good about yourself to donate to those in need. There's nothing quite like doing something for someone else to put a smile on your face and theirs. Even when we're not feeling our best, if we put some kindness back into the world it can help us feel a little better in ourselves and about the world around us.

There are a lot of charities in this world. Which charity interests you and why?

What items did you donate?
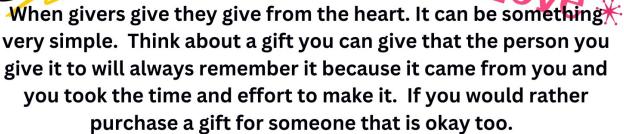
Do you think you will donate again?

Be a Giver

GIVE SUPPORT

Gift of Love

When givers give they give from the heart. It can be something very simple. Think about a gift you can give that the person you give it to will always remember it because it came from you and you took the time and effort to make it. If you would rather purchase a gift for someone that is okay too.

Who did you choose to give a gift to and why?

How did this person act when you gave them the gift?

Can you think of someone else you would also want to give a gift to? Who would that person be to you?

Have a parent sign below
after you have completed this task

Volunteer with Compassionate Warriors

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity.

What event did you take part in with Compassionate Warriors?

Did You enjoy it?

Would you like to volunteer again?

Have a parent sign below
after you have completed this task

You are finished and are now a Compassionate Warrior! Congratulations. Job well done!

Tell us about you
Your Name
Address
T-Shirt Size

Just send this completed package to:
Compassionate Warriors, Inc
6565 Woodland Dr
Keystone Heights, FL 32656

You will receive your T-shirt and Certificate of Completion very soon!

Congratulations!