

AT HOME BUDDHA WALKS



FOUR STEPS ON THE EIGHTFOLD PATH: COMPASSION

When a young prince of India left his kingdom to find a cure for life's suffering, the journey led him to discover eight steps to happiness: The Eightfold Path. In the 2,500 years since, many have sought to walk in his footsteps, travel this path and live by its teachings. One of these—**Right Conduct**—reminds us that those who cause others to suffer are suffering themselves. Can you recall a time in your own life when Compassion helped YOU to forgive the bad behavior of someone...or even yourself?

Watch the three stories on the AT HOME: COMPASSION webpage.

Then, choose one of these stories and discuss the following questions with your family, teacher, classmates or friends:

- ◆ At what moment did the storyteller show Compassion? Who were they Compassionate toward? What happened in that moment that caused them to open their heart?
- ◆ Was it difficult for them to find their Compassion? And once they did, how do you feel they benefited from that?
- ◆ By the story's end, what had their Compassion taught them about life or themselves? Does their experience remind you of a time when you were able to open your heart to another...or wished you had? How did you find your Compassion in that moment? And what did that teach you?

Finally, choose one of these ways to explore Compassion in your life:

- ◆ Caption a photograph of Compassion and explain why you chose it.
- ◆ Create a piece of art work that shows what Compassion means to you.
- ◆ Tell your own story of Compassion in writing and/or short video.

Then when you are done, we hope that you will share your work with your classmates and, if you would like, ask your parents or teachers to share your work with us. Together We Grow!