



PALLEN'S
MARTIAL ARTS™

PARENTS

SEPTEMBER 2020

PERCH

COMPASSION

**“Strive together,
Thrive together.”**

Young students: “When you feel bad, sad, or mad, I want to help you feel better!”

Older students/teens/adults: The emotion we feel when others are suffering that makes us want to help them.

- WEEK 1** Empathy as part of compassion: How do we know how others feel?
- WEEK 2** Helping others: How can we help people who are in pain or suffering?
- WEEK 3** Helping others: How can we help animals and our Earth?
- WEEK 4** Having compassion for ourselves: How can we be kind to ourselves??

Dear Tribe,

This month we will discuss the powerful word, compassion.

Compassion, in Latin, means “co-suffering” or “suffering together.” When we feel compassion, our heart responds to others who are dealing with misfortune or pain in a way that motivates us to want to help alleviate their suffering.

Compassion involves other powerful words such as empathy, kindness and altruism. Rather than judging others or ignoring their pain, we look upon them with a caring heart. We wonder; how can I bring comfort to them? How can I offer a helping hand?

In Dr. Robyn Silverman’s

weekly podcast, **How to Talk to Kids about Anything**, Dr. Robyn interviewed best-selling author and expert, Dr. Michele Borba, on empathy and compassion. In it, Dr. Borba talks about several studies that have shown that empathy and compassion can be cultivated if we provide children with opportunities to show it. We also must model it for them so they can emulate it, practice it and develop it.

While we must learn to have compassion for others, we also must learn to have compassion for ourselves. We live in a world that can be overly competitive or harsh. It can be easy to tear ourselves down, criticize ourselves or refrain from resting and recharging when we know we need to do so. When we have compassion

for ourselves, we accept that we make mistakes, we are human and we are still valuable and worthy of love.

This month we will talk all about compassion for others as well as cultivating compassion in ourselves. Ask your children; how do you show compassion and how would you like to be remembered?

We thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,
**—Your Motivated and
Dedicated Instructors**

UPCOMING POWERFUL WORDS

- OCTOBER** Charity
- NOVEMBER** Gratitude
- DECEMBER** Citizenship