

Last time I asked you to draw a picture of yourself with someone you know, who is grieving. That was a picture of you, practicing Compassion by listening with your heart.

Now you're ready to speak Words of Compassion.

Words of compassion come from your heart. It's telling someone you understand they are going through a challenging time. Even though you may not know exactly what they are feeling, you let them know that you care by saying words like:

“I'm sorry to hear about the death of _____.
You must miss him/her a lot.”

“I know you feel really sad about _____ dying. It's okay to feel sad.”



“Your _____ loved you a lot. I know you're going to miss her. I bet you have lots of great memories about her.”



What are some words of compassion you can say to someone who is grieving?

Write them in the heart.