Activity Details:

**Optional:** Play a video clip of Alex in action from alexlemonade.org.

**Ask:** How do you feel after watching this video?

Many times, when we see someone who is going through something difficult or feeling down, we experience a feeling called compassion. It’s almost like our heart connects to someone else’s heart.

Something I find very interesting about Alex Scott is that she was very compassionate - even at a very young age. To whom did Alex show compassion? What did Alex do to act on this feeling of compassion?

The kind of compassion Alex experienced when she was raising money for kids with cancer was called empathy. Empathy is the kind of compassion you feel if you have been in the same situation as somebody else or you can ‘put yourself in their shoes’, as if you’re feeling what they feel. We can symbolize this feeling by pointing to our hearts.

If you haven’t been in their situation, but you still care about them and want to support them, this is called sympathy. We can signal sympathy by pointing to our minds. That’s because you can imagine the ways in which someone is struggling and want to support them, even though you aren’t feeling what they feel.

You can go through a few examples and children can point to their heads or hearts depending on the situation. On the next page, children can write and draw a way they would show compassion to a child in their class or community if they were diagnosed with cancer.

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**Thank you again for your interest in Alex’s Lemonade Stand Foundation!**

We hope you will consider raising funds for ALSF in the future. Please contact our office if you need help getting started.
Showing Compassion

If a friend of mine were sick, I would show compassion by ____________________________

________________________________________________________________________________________________

________________________________________________________________________________________________

________________________________________________________________________________________________

Here is a picture of me showing compassion to my friend.