

GLOBAL
COMPASSION
COALITION

Compassion Connectors Australia



Celebrate Compassion

10th ~ 12th Sept. 2025

Let's do it Together! Create a space where everyone feels safe, valued and cared for.

Reach out to a group near you
..... or start your own

Find out more



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Celebrate Compassion

To host a Celebration of Compassion, you can organize an event that emphasises kindness, empathy and acts of compassion and service. This could involve a simple act of hosting a morning tea, planning a community gathering for a specific purpose, a fundraising event for charity, or a simple day of focused kindness with family, friends or work colleagues.

Here is a more detailed approach:

1. Define the Focus:

- **Choose a specific cause or issue:**

Do you want to raise awareness for a particular charity, support a local initiative, or focus on a specific type of compassion (e.g. compassion for the environment, compassion for the homeless, compassion for animals, inequality, disadvantaged populations, or to simply do what you can to create a more compassionate world).

- **Determine the type of event:**

Will it be a get-together with friends, and family, work colleagues, formal gathering, a fundraising event, a workshop, a morning tea, sausage sizzle, or a day of service or a day, or activities to build connecting relationships and/or random acts of kindness?

2. Planning and Preparation:

- **Set a time:** Choose a time that works well for your target group and allow for adequate planning time.
- **Choose a location:** This could be at a café, community centre, a park, a church, staffroom, or even in a private home.
- **Create a program:** Outline activities and events that will take place. This could include speeches, presentations, activities, music, games, or volunteer opportunities.
- **Develop a theme:** This could be specific slogan or phrase that resonates with compassion.
- **Create a marketing plan:** Let people know about your event through social media, flyers, local newspapers, or community newsletters.
- **Plan for food and beverages:** Depending on your activity, consider having food and drinks available.

3. Activities and Events:

- **Speeches and presentations:** Depending on the type of activity, you may wish to invite speakers to share their perspectives on compassion and its importance.
- **Fundraising:** You may also wish to set up a donation box or organize a raffle or auction to support a chosen charity.
- **Service projects:** Organize a volunteer opportunity to help those in need, such as cleaning up a park, feeding the homeless, visiting seniors in a nursing home, or creating opportunities to build connected and caring relationships in the family and workplace.
- **Games and activities:** Fun is important, so incorporate games and activities that promote teamwork, empathy and kindness.
- **Music and entertainment:** If possible, provide music that reflects the spirit of compassion and joy.

4. Promoting the Event:

- **Using social media:** Share information about the event on social media platforms to reach a wider audience.
- **Create a website:** If you have a more complex event, consider creating a website providing more detailed information and resources.
- **Partner with local organisations:** reach out to local charities, community groups, or schools to promote your event and build support.

5. Day of the Event:

- **Set up the venue:** make sure the venue is organized and welcoming.
- **Welcome guests:** Greet people as they arrive and make them feel comfortable.
- **Implement the program:** Follow your planned schedule and keep the event on track.
- **Thank volunteers and attendees:** Acknowledge the hard work and support of everyone involved.

6. Follow up:

- **Share photos and videos:** Document the event and share the highlights with your audience.
- **Send thank-you notes:** Express your gratitude to those who supported your event.
- **Evaluate the event:** Identify what worked well and what could be improved for future events.

Activities that promote compassion

Activities that promote compassion involve actions that foster empathy, understanding, and care for others. These can include acts of kindness, role-playing, discussions, and practicing compassion for self and others. By engaging in these activities, individuals can develop a greater capacity for compassion and improve their ability to connect with others and the world around them.

Specific Activities to promote compassion:

- **Acts of Kindness:** Small acts of kindness, like holding a door open or offering a compliment, can build a foundation for compassion.
- **Kindness Jar/Calendar:** These provide opportunities to practice kindness daily, with ideas for acts written on slips of paper or displayed on a calendar.
- **Role-playing:** Simulating different scenarios, such as helping a friend or comforting someone, can help individuals understand and practice empathy in a safe environment.
- **Discussing suffering:** Talking about suffering of others, whether through stories or personal experiences, can foster empathy and understanding.
- **Volunteer Work:** Engaging in a community service can provide opportunities to help others and build a sense of connectedness.
- **Self-compassion exercise:** Practicing understanding and self-kindness can help individuals develop a greater capacity for compassion towards themselves and others.
- **Reading books with Compassion themes:** Exploring stories that showcase acts of kindness and empathy can inspire compassion in others.
- **Gratitude journaling:** Reflecting on what one is grateful for can cultivate a sense of appreciation and kindness towards others.
- **Creating a kindness chain:** Each person contributes a caring message or act of kindness, creating a visual reminder of the power of compassion.
- **Kindness Rocks:** Painting rocks with positive and caring messages and leaving them in public places spreads joy and encourages kindness.

- **Empathy Bingo:** Creating a bingo card with empathy-related activities can make practicing empathy fun and engaging.
- **Hobby Bingo:** Engaging in hobbies and activities that bring joy can foster a sense of well-being and connection with others.
- **Kindness Bookmark:** These bookmarks can be used as a reminder to practice kindness and empathy throughout the day.
- **Family and Community Acts of Kindness:** Involving family and community members in acts of kindness can strengthen relationships and foster a sense of shared responsibility.
- **Learning Multiple Languages:** Learning different languages helps individuals appreciate diversity and see the humanity in all aspects.
- **Telling Stories:** Storytelling allows individuals to explore different perspectives and experiences fostering empathy.
- **Playing Cooperative Games:** games that encourage cooperation over competition boost empathy.
- **Kindness Challenges:** For teachers you could create monthly challenges where students are encouraged to perform random acts of kindness. This may include simple gestures like complimenting a classmate or helping someone with their work.
- **Kindness Journal:** Maintain a journal where they reflect on kind acts that they or others have performed or witnessed
- **Make Kindness Jars or Worry Jars:** Write down acts of kindness or your worries on paper place in jar.
- **Kindness Tree:** Create a kindness tree by placing cards with words of kindness or empathy on the tree.
- **What's in your cup:** Ask questions to promote sharing and listening e.g. Are you feeling safe, connected, empowered? How can we work together to help one another to feel safe, connected and empowered?
- **Acting with Compassion:** Understanding our Common Humanity i.e. we all face challenges from time to time and sometimes solving those challenges requires us to work together – we were not meant to do it alone and we are not meant to do it apart. The greatest gift we have is each other.
- **Kindness Bulletin Board:** Note random acts of kindness and place notes on the bulletin board and celebrate.
- **Creating a Gratitude Journal:** Creating a daily practice of **writing** in a gratitude journal.

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We're here for you!

If you'd like more information or have any questions, suggestions, or ideas to share as a Compassion Connector, or in planning your event, please feel free to reach out. We're always excited to hear from you and support your efforts!



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