



## Compassion Challenge

Put your **compassion in action!**  
Choose items from each  
Compassion Category to complete.

### Pets

- Make a DIY enrichment item for your pet or to donate to a shelter animal.
- Spend extra time with your pet doing what they enjoy (longer walk for your dog, extra playtime out of cage, more snuggle time in bed, etc.).
- Teach your pet a new trick using positive reinforcement training – lots of praise and treats!
- Make an adoption poster promoting a long term animal at your local shelter and post it in the community.
- Find a recipe for a healthy treat to make for your pet to enjoy!

### People

- Write a letter to a helper (nurse, Humane Law Enforcement Officer, police officer, veteran, teacher) and tell them why you appreciate them.
- Make a *Kindness Coupon* for a family member promising to do something nice for them (make dinner, do the dishes, play a game with a sibling).
- Donate food to your local food bank or make cookies for a friend.
- Help an elderly neighbor by mowing their lawn or walking their dog.
- Make a card or craft and deliver it to a senior living home to spread joy!

### Wildlife

- Go on a nature walk in your neighborhood or a local park and take note of all the wild animals you see and hear. Keep a wildlife journal!
- Learn how to make your own window clings to help prevent birds from flying into your windows.
- Create a bird nesting box filled with items used to make nests (twigs, dead grass, shed animal fur) and place it somewhere safe for mama bird!
- Make a poster sharing the dangers of feeding bread to ducks and post it at a local pond.
- Research native flowers and plants for your area and plant some in your yard!

### Planet

- Go on a litter walk and pick up trash in your neighborhood or a local park or beach. Be sure to wear gloves!
- Choose to use reusable items instead of plastic ones (shopping bag, water bottle, straw, utensils, etc.).
- Make the pledge to ditch single-use plastic. See who in your family can go the longest!
- Upcycle an item like an aluminum can and make it into a pencil holder or planter. Paint it for extra fun and flair!
- Make a vegetarian or vegan dish with your family and try to choose more plant-based options.
- Sort through your trash and learn which items can be recycled.