

Surviving & Thriving



Ponder & Play

1

Ponder:

What is possible in terms of compassion towards yourself and others?
What kinds of COMPASSIONATE ACTION can you take, beginning right now?

2

Play:

- Call a friend
- Send a letter to a friend/family member
- Give yourself positive feedback for one week
- Say "hello" and make eye contact with ten people you don't know
- Give away something important
- Offer to help someone
- Meditate or think for five minutes about peace
- Appreciate something in nature
- Give credit to your inner hero
- LIVE an act of kindness
- Write down five things you are grateful for

3

Post something about your Compassionate Actions on Instagram.
Be sure to tag your post with @SierraAcademy and include the hashtag #survivingandthriving #voicesofourstory

You may also want to add more hashtags like:

#compassionateactions, #inclusion, #commonhumanity, #empathy,
#compassion, #kindness, #bridgingthedivide #shiftingperceptions

If you need any help with posting, DM @CoCreation_Champion on Instagram

Links:

Videos played at Expedition Kick-off: A-Place-To-Call-Home.org/sael-voices
Brendan Phillips: A-Place-to-Call-Home.org/brendan-phillips-fast-rattler
Kaia Smith: A-Place-To-Call-Home.org/kaia-smith-string-quartet
Terry Worden: A-Place-To-Call-Home.org/terry-warden-singer-songwriter

