

FOR TEENS AND OLDER YOUTH

DAY 1

Compassion is a word younger children are just now learning but you've known this word for a long time. Now let's spend a day taking your knowledge of compassion a step further. Listen to "**The Cultivating Compassion Podcast**" (4 episodes) and ask yourself these questions: Why is this called "Cultivating Compassion?" What is RLCF doing in Louisiana that's unique? How could this be mimicked in your own community?

DAY 2

- Listen to this podcast of **OnBeing** and ponder the question "Can anyone use the word we?" Reflect on what it means to be a part of "we" and "us."
- Watch the music video "**What If**" by **India.Arie**. {Note: Some bad language}

Imagine what if the people she names hadn't taken their brave actions? How did their compassionate bravery make change happen? If there are people in the song you are not familiar with, take some time to learn their story and the impact of their leadership. Reflect on the words "we" and "us" India.Arie uses in her song with what you learned from the OnBeing podcast. What kind of bravery and compassion can you show in becoming a "we" and an "us"?

DAY 3

Today is all about having compassion for yourself! This might be a very hard concept for many of us to grasp. Start off by watching the **Ted Talk "Dare to rewire your brain for self-compassion" by Weiyang Xie**

Try the activity Dr. Xie suggests—keep a journal for just one day and write down all the negative thoughts you have about yourself. Then begin to ask yourself - am I sure these things are true? Am I saying them out of habit? How could I change each thought from a negative to a positive?

Download the App "**Insight Timer**" (it's FREE!) and try one of their (FREE) guided meditations.

Check out these websites for more guided meditation and fun:

Weavesilk.com | donothingfor2minutes.com | soundrown.com

DAY 4

Today is about finding ways to fill the world and ourselves with hope. During this difficult time of social distancing as well as social justice upheaval in our country we are all looking for ways to see hope in the world. Today you are challenged to help provide a little hope, because we are all in this journey together.

Check out the website: projecthopeexchange.com and follow the instructions to hearing a message or two of hope.

Once you've listened to one or two messages, take a few minutes to write your own message of hope. Now it's time to share it! Make a poster to put in the window of your house facing the street. Or go outside and draw your message in sidewalk chalk to share with the world.

DAY 5

Today we are attempting to grow seeds of change and newness in the world around us. We want to take what we've learned this week out into the world and watch our compassion grow.

Start today by watching one (or both) of the following documentaries (both on YouTube for free):

“Billions in Change”

“The Story of Bottled Water”

Both of these documentaries are about WATER and how we are facing a global crisis of water.

How do you feel differently about water after watching these? What do you think are small steps you can take to solving the problem?

It's time to take action!

Check out worldwaterday.org to see how you can participate in World Water Day 2021 and ways in which you can help!