

# Hillsboro Presbyterian Church



## 2021 Compassion Camp Changing The World With Loving Kindness

**Weekly Activities** (for all ages)  
**Start July 8<sup>th</sup>**

**Story and Discussion**

**Starts Thursday July 8<sup>th</sup> 6-6:45pm**

**Continues online Thursdays thru August 5th**



**STEAM** (Science, Technology,  
Engineering, Art) **Activities**

**Starts Sunday, July 11, 4-5pm**

**Continues Sundays thru August 8<sup>th</sup>**



For More Information Contact  
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# Weekly Activities

Each week begins on Thursday

## **08-Jul-2021 -Week 1: All Around Me (Compassion Jumps Into Action)** [←click this link to view Video](#)

Participants will learn the central principles of empathy and compassion through the story of Miriam. Our activity will be creating a Compassion Collage Poster that will help remind us that we don't have to do anything BIG to show Compassion.

11-Jul-2021 -**STEAM: Creating your floating craft out of recycled materials** [←click this link to view Video](#)

## **15-Jul-2021 -Week 2: For Myself (Compassion Helps Me Thrive)**

Participants will hear the story of Elijah in the wilderness and explore how we care for ourselves when we have needs. We will be creating a Body Check-in Wheel and Rainbow Breath, all for being able to show how we need to take care of ourselves.

**18-Jul-2021 -STEAM:** Testing food for starch, protein, glucose, and fat

## **22-Jul-2021 -Week 3: To the Neighbor (Compassion Crosses Barriers)**

Participants will reflect upon the Parable of the Good Samaritan and what it means for us to become a neighbor. We will be creating small gifts to give to others in our lives to show we are thinking about them. Be it a mini care bag or just a card to send.

**25-Jul-2021 -STEAM:** Building Bridges with friends

## **29-Jul-2021 -Week 4: With the World (Compassion Sees the BIG Picture)**

Participants will reflect upon the mystery of Pentecost, having compassion for all creation, including people and places we do not yet know. We will be creating words of affirmations for ourselves and sending someone a "high five".

**01-Aug-2021 -STEAM:** String Lift and Save the Water Bottle

## **05-Aug-2021 -Week 5: Along the Way (Compassion Walks Together With Others)**

Participants will locate themselves within an ancient stream of people who have chosen compassion. We will create Compassion Family Prayer/ Joy jar, and Yarn wrapped Journey Sticks.

**08-Aug-2021 -STEAM:** Spectroscope, Growing Rainbows, Capturing a Rainbow in a jar