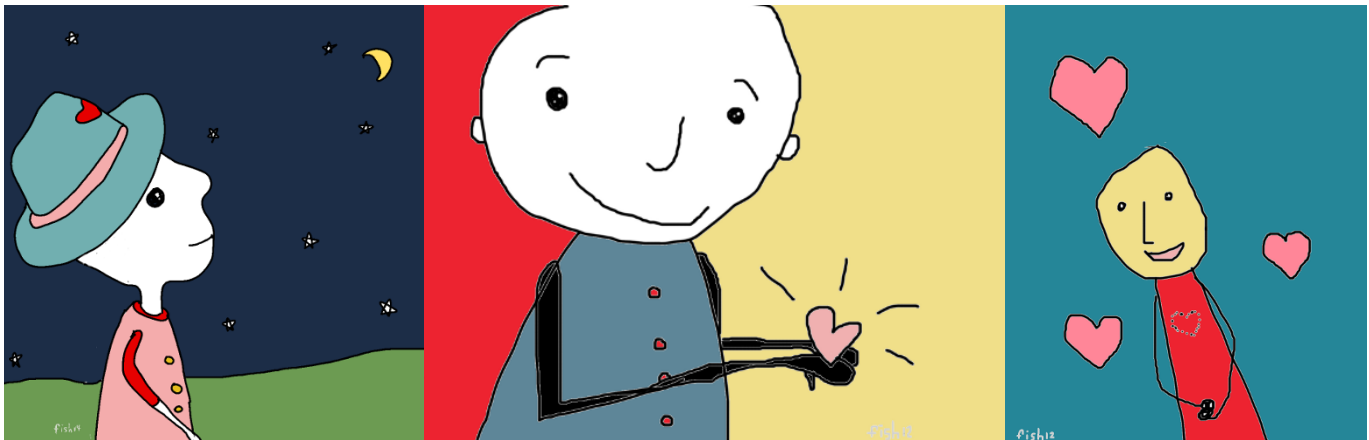


Charter for Compassion Strategic Partner



The Compassion Games

*If you want to change the world,
throw a better party.*

~Rick Ingrasci, M.D.

It was once believed that the only thing humans had in common across geography and culture was our genetic makeup. Everything else in human life was believed to be relative, or the resulted influence of one's cultural environment.

With a resurgence of understanding regarding the human species, we now know how far off the mark this actually is. There are certainly significant cultural differences that should be honored and celebrated, traditions that paint the human experience in brilliant and unique ways. Yet, the human experience is also a deeply shared experience. As it turns out, the foundation for a meaningful and

worthwhile life, or the conditions that produce happy and resilient people, are much more universal than previously thought.

Research shows that people thrive when they have the presence and balance of three basic and intrinsic human needs. The first of these is the need for close, personal relationships, which produce a sense of authentic belonging. The second is the feeling of being a part of something larger than oneself, a sense of purpose where we feel we are making the world a better place. The third and last is the need for personal growth, which can come from the joy one feels when doing something for the intrinsic sake of doing it, such as artistic expression, or an activity that puts one into a "flow" state which makes us feel like we are

challenged to use the fullness of our being.

As it turns out, there is one activity in the human experience that is also universal—shared with us by even our animal relatives—that coincidentally taps into all three of these foundational qualities for happiness, and that is our desire for play.

Compassion Games: Survival of the Kindest

The Compassion Games are a game-changing experience designed to ignite, amplify, and catalyze compassionate action in communities around the world. By infusing the power of playfulness



and compassion with the fun of friendly competition, the Games offer a unique way to strive together to serve each other, our own well being, and the Earth.

How the Games Work: 11 Days of Global Unity

Starting on September 11, a U.S. National Day of Service, and going to September 21, the International Day of Peace, participating individual players or teams in the Compassion Games perform acts of kindness and compassion in their local communities, tracking the number of volunteers, hours of service, money raised for local causes, and the number of people served through their actions. Compassion Reports are then submitted on the global crowdsourcing Compassion Map, which captures the descriptions, reflections, and metrics above from the acts of compassion committed by players around the world.

Nobody can lose the Compassion Games! The original definition of the word “competition” comes from the Latin “competere”, which means “to strive together.” And striving together is exactly what happens when the aim of the game is to bring more compassion to life for the Earth and all living beings. In this way, the more people that play, the more love wins!

Ways to Play

Anyone can play the Compassion Games at any time of year. Players can either participate as individuals or as a team, made up of any type of group, from a school, business, faith organization, to any type of community.

Ways to play the Compassion Games are only limited by the imagination. Players can perform random acts of kindness (with infinite possibilities), and can also organize service projects. These could range from planting a community garden, caring for a local beach or watershed, to visiting the elderly, reading to a child, and so on.

The Games are designed to not only ignite compassionate action by infusing service with the power of play and friendly competition, but they also aim to highlight the good that is already taking place in the world. The best way to start is by building upon and connecting what is already thriving in your community!

Playing Together Can Change the World

Play may be the single most underutilized human resource in our work to heal the world. Research abounds on the profound benefits of this seemingly trivial human activity which is too often only tolerated in children. Play is an essential human function that

inspires us across our lifetimes - to explore new heights of creativity, to joyfully connect with one another, and to rejuvenate our spirits as we do the heavy lifting in the world with a light, playful, and compassionate heart. To better understand and utilize this innate human need is the very reason the Compassion Games were born!

Imagine and Act With Us

Play the games in businesses, schools, prisons and within organizations. Over one million people have been served by more than 56,000 volunteers in 34 countries in the last 3 years. The Compassion Games, however, are just getting started. Will you play with us?

If the Compassion Games are an experience that you are excited to bring to your community or organization, or if you want to partner or collaborate with the Games in any way, contact jon@CompassionGames.Org. Learn more about the Games by visiting their website:

www.compassiongames.org.

May the Compassion Games touch countless more lives by reminding us how to change the world by having fun, as a playful reminder of the child within us all.

