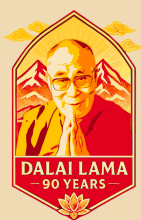


COMPASSION RISING

THE COMPASSION CONNECTION GAME



Join us at CompassionRising.com or
[@CompassionRisingWorldTour](https://www.instagram.com/CompassionRisingWorldTour) on Instagram.

The Compassion Connection Game

A human connection game by Compassion Rising

Welcome to the Compassion Connection Game — a simple, heart-opening activity designed to spark real conversations, shared values, and moments of empathy. Whether you're hosting a large event or a small gathering, this game is a beautiful way to bring people together through kindness.

How to Play

1 Print the Cards

Download and print the Compassion Connection question cards before your event. Cut them into individual cards and have them ready to hand out.

2 Pair Up

Invite guests to find a partner. Hand each pair a card with one compassion-themed question.

Examples:

- “Who inspired you to be kind?”
- “What’s one small act of kindness you’ll never forget?”

3 Share & Listen (2–3 minutes each)

Take turns answering the question. Encourage active listening — no need to rush.

4 Switch Partners

After a few minutes, ask everyone to find a new partner and get a new card.

Repeat this for 3 rounds.

Tips for Hosts

- Play uplifting music in the background to create a welcoming vibe.
- Encourage people to be present and open — there’s no right or wrong answer.
- Want to go deeper? Host a short group share afterwards.

This simple game can turn strangers into friends — and ideas into action. Thank you for helping compassion rise.

[#CompassionRising](#)

www.compassionrising.com

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What does the Dalai Lama's message of compassion mean to you?



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The Dalai Lama teaches that peace starts within. What helps you feel peaceful inside?



”

“

The Dalai Lama says kindness is strength. When have you seen that to be true?



”

“

What's something you've learned or would like to learn about Tibet?



”

“

Why do you think it's important to protect Tibet's culture, people, or environment?



”

“

The Tibetan people are known for their peaceful spirit. What does that inspire in you?



”

“

Who is someone who
taught you what
kindness means?



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What's a small act of
compassion you'll never
forget?



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When was a time
someone helped you
and it made a big
difference?



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“

How do you take care
of your own heart and
well-being?



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“

What's a way you've
shown kindness to
someone recently?



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What's something
you do to support
a friend who's having
a hard day?



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“

What's one way you'd
like to help your
community?



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“

How do you stay kind
when you're feeling
frustrated or stressed?



”

“

What's a way to show
compassion without
using words?



”

“

What's a kind
tradition or value from
your family or culture?



”

“

How do you show love
or care for animals
or nature?



”

“

If you could share one
message of hope with
the world, what would
it be?



”