

The Seed of Compassion

By His Holiness The Dalai Lama

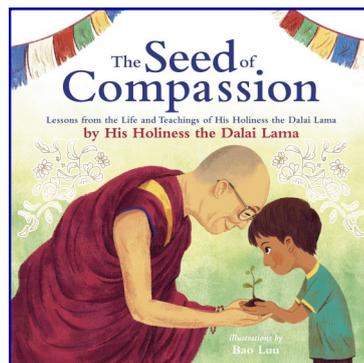
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One of today's most inspiring world leaders was once an ordinary child named Lhamo Thondup. In a small village in Tibet, his mother was his first great teacher of compassion. In everyday moments from his childhood, young readers begin to see that important lessons are all around us, and they, too, can grow to truly understand them.

With simple, powerful text, the Dalai Lama shares the universalist teachings of treating one another with compassion, which Bao Luu illustrates beautifully in vibrant colour. In an increasingly confusing world, *The Seed of Compassion* offers guidance and encouragement on how we all might bring more kindness to our world.



Themes:

- Compassion
- Kindness
- Dalai Lama

Discussion Questions:

- With reference to the title, do you know what compassion is?
- As a class, before reading the story, think of some examples of compassion in the world today. These could be on a national or international scale, down to those on a personal level.
- Discuss with the students if they have heard of or know anything about the Dalai Lama and the country Tibet.
- The Dalai Lama refers at the start of the story to his mother planting the seed of compassion in him. Discuss with the students the examples that they have been set by a close family member, and if there are things that they have been taught that they will remember for all their lives and try to pass on to their children.
- Can you recall from the story how the Dalai Lama's mother showed compassion and kindness to others? What impact did this have on him?
- When the Dalai Lama was studying, what did he like to do in his personal time?
- What does he say is the human 'superpower'? Do you agree with this? Discuss this as a class.
- After reading the story, how would you describe the Dalai Lama and his beliefs?
- Do you think that everyone, whether they follow any religion or not, could learn from this story and how the Dalai Lama looks at life? Explain.

Activities:

- The Dalai Lama lives in Tibet. Conduct a research project about this country. You may like to present your findings in the form of a poster or a PowerPoint presentation.