



30-Day Compassion Challenge

ANTI-RACISM,
EMPATHY, &
MUTUAL RESPECT

Cultivate Compassion believes that a community grows through practicing empathy and mutual respect, actively engaging with community guidelines and standards, and creating opportunities for meaningful, organic connections. To celebrate its launch, we've organized a 30-Day Compassion Challenge — keep up on our website (QR code below) and connect on Twitter and Instagram by tagging @oberlinsenate and using #ObieCompassion.

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- March 14: Ask someone how their day is going.
 - March 15: Check the Black History Month Calendar for events to attend.
 - March 16: Send someone a thank-you note.
 - March 17: Find a performance, game, or other event happening this month that your friend is participating in and plan to attend.
 - March 18: Make a kind poster and put it in your window!
 - March 19: Pick up trash in common spaces.
 - March 20: Ask how you can support someone today.
 - March 21: Thank your professors after class.
 - March 22: Hold the door open for someone.
 - March 23: Thank the dining hall staff.
 - March 24: Support a local business (visit, purchase, or leave a review).
 - March 25: Say only kind things about other people for an entire day.
 - March 26: Share an inspirational quote (including with #ObieCompassion!).
 - March 27: Ask a friend to join you for a meal.
 - March 28: Lend someone a book you enjoyed.
 - March 29: Write five positive affirmations for yourself.
 - March 30: Give someone a big hug (with consent)!
 - March 31: Draw a picture of something that makes you happy & give it to a loved one.
 - April 1: Say hello to someone in passing.
 - April 2: Call a friend or relative you haven't talked to in a while.
 - April 3: Read or watch something from the "Resources" section of our website.
 - April 4: Donate money, items, or your time in service of others.
 - April 5: Be kind to yourself! Do something that makes you happy today.
 - April 6: Introduce two friends who you think would get along.
 - April 7: Make someone a playlist and share it with them.
 - April 8: Recommend a show, movie, or article to someone who might be interested.
 - April 9: Tell someone why you're looking forward to spending time with them after break!
 - April 10: Write a list of things you've been grateful for while participating in this challenge.
 - April 11: Apply what you've practiced over the past month — forever!

**Cultivate
Compassion**



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