30-Day Compassion Challenge

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 above) and connect on Twitter and Instagram by tagging @oberlinsenate and using #ObieCompassion.

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!