



- Give food to the hungry:**
- Instead of buying something for myself, I save the money and give it to the poor;
 - I do not waste food, I eat what I have on the plate, and I eat my school lunch;
 - I share my sweets with someone who does not have friends;
 - I search about hunger in the world;
 - I help with the cooking;
 - I wash the plates;
 - I feed my pets;
 - I take care of myself; I eat a healthy diet



- Give drink to the thirsty:**
- Instead of buying something for myself, I save the money and give it to the poor;
 - I do not waste water;
 - I see that everyone has something to drink, during dinner;
 - I see that my pets have water to drink;
 - I offer water to those who are doing chores in the house;
 - I search about ways how to save water



- Clothe the naked:**
- I give money to the poor;
 - I give clothes which are in a good condition to the poor;
 - I help with the washing of our clothes;
 - I help my younger brothers and sisters to put on their clothes;
 - I am not wasteful when buying clothes; I do not buy only branded clothes, or clothes which I do not need;
 - I take care of my clothes;
 - I dress appropriately



- Shelter the homeless:**
- I make friends with someone who is usually alone;
 - I help my grandparents or relatives who may not be too well;
 - I help in the house;
 - I pray for the refugees

Prayer



- Visit the sick and the imprisoned:**
- I visit sick relatives and friends;
 - I play and stay with my brothers or sisters who are sick;
 - I write cards, emails or sms's with encouraging words and send them to someone who is sick;
 - I pray for the sick, for the prisoners and for their families;
 - *Note to parents:* If the children are old enough, we can take them to visit an old people's home or prisons, or they can send them cards with words of hope



- Bury the dead:**
- I pray for the dead;
 - I visit the cemetery;
 - If I have friends who have recently lost someone dear, I show them love and spend time with them

Works of Mercy

Corporal works of mercy.

These show us how we can help others in their material needs.



Counsel the doubtful:

- I help someone who has some difficulty, for example in some schoolwork;
- I help younger brothers or sisters to learn to do something new;
- I am positive in my thoughts;
- If any of my friends have questions about their faith, I encourage them to take to someone who can help them



Instruct the ignorant:

- Give a good example;
- Be someone who brings peace;
- I learn more about my faith and share what I know with others;
- I share my talents
- I share with others, something good that I have made;
- With my family: for example, we pray together, we have meals together, we talk to each other



Admonish the sinner:

- I am a good example to others;
- I do not join my friends who are doing something which is not right; when we are alone, I tell them that I do not like their behaviour;
- I stop my friends from doing something wrong;
- I correct others with love



Comfort the sorrowful:

- I spend time with friends who are having a difficult time, I do not act nosy; I cannot solve their problems, but I show them that I am there for them;
- I encourage someone who is feeling down

Prayer



Forgive offences willingly:

- I do not pay back;
- I forgive, even if I feel that they do not deserve it or they are not sorry for what they did;
- I do a good turn to someone who was mean to me;
- I pray for those who have hurt me;
- I pray for courage, so that I will be able to forgive;
- I do not hold onto wrongs done to me



Bear wrongs patiently:

- Be patient;
- I put myself in the place of that person who is annoying me and try to understand him



Pray for the living and the dead:

- I pray for the dead and for those who are passing from a difficult time
- I pray for those who asked me to pray for them
- I offer mass for the repose of the souls of relatives and friends and for those who have no one to pray for them

Works of Mercy

Spiritual works of mercy.
These show us how we can help others, in their emotional and spiritual needs.