

2012 Compassion Games: Survival of the Kindest

Frequently Asked Questions



www.compassiongames.org

WHAT ARE THE “COMPASSION GAMES”?

Compassion Games can be played four ways – by performing a community service project or an individual act of kindness, by playing an organized game for change that begins online and takes players into a community scavenger hunt, or by creating a story about an experience of compassion that has changed lives.

Anyone can play. The games are open to everyone in the greater Seattle area.

Compassion Games are not the ordinary win-lose games; they are extraordinary games known as infinite games where everybody wins the more the games are played.

WHAT IS THE PURPOSE OF THE COMPASSION GAMES?

The Compassion Games inspire us to make our community a safer, kinder, more just and better place to live. Let's challenge ourselves and each other!

Together, as engaged citizens, we can strengthen what's already working in our community and produce a collective impact with the vision and the power to create a connected and caring community.

The games will offer a fun and creative response to the disconnection and social isolation so many in our community experience. We seek to multiply the connections and help bridge the inter-generational, cross-cultural divide as well as the gap between North and South Seattle.

WHEN DO THE GAMES BEGIN?

The 2012 Seattle Compassion Games open Friday, September 21, 2012, with the United Way Day of Caring, and continue through Sunday, October 21, 2012, the last day of the Next Fifty at the Seattle Center. There will be closing ceremonies in late October or early November.

WHERE DID THE IDEA COME FROM?

The city of Louisville, KY, after conducting a successful, one-week volunteer service event in April that saw 90,000 acts of service performed, has gently challenged other cities to top this demonstration of compassion. Seattle, which became a compassionate city in 2010 by vote of the City Council and declaration of the Mayor, is the first city to take up that challenge.

Here is a video about the Louisville Mayor's Give A Day program and the challenge to other cities:

<http://cvp.telvue.com/player?id=T01343&video=58985>

Here is Louisville's challenge:

"We invite you to the "Compassion Games." We challenge you to volunteer more, to give more blood, to share more resources and to top our collective mark with the goal of leaving our world a better place. If a city tops us, next year we will step up our devotion because we know that in our garden of compassion, there is still rocky soil and arid places that need tending; and there always will be. We are not so naive as to think this is not a community with more than its fair share of pain and suffering. We know it is. We, however, believe compassion is good soil for the garden of community."

The Compassion Games are social-impact games that can help us try new things, build relationships and trust. Games can change your heart, change what you value and change your desires. Games can change your outlook on life and can change your life. The best games can help turn apathy into action. There is science that backs all this up; to learn more start here: www.showmethescience.com

WHO IS ORGANIZING THE GAMES? HOW ARE YOU ORGANIZED?

Compassionate Seattle, the chief sponsor of the games, and the presenting sponsor Talking Rain Beverage joined by partnering organizations including the United Way of King County, King County, City of Seattle, Seattle Center, Next Fifty, SuperBetter, Seattle Takes Care, Young Partners in Development, HelpOthers.org, Karma Tube, Happiness Initiative, New Stories, Great Transition Stories, Compassionate Action Network International, Seeds of Compassion, City Club, and a growing list.

For more information on how to be involved, contact jon@compassiongames.org or sign up to [volunteer here](#).

The Organizing Committee is recruiting partners and sponsors i.e. commercial partners and public funders. For more information contact ryan@compassiongames.org

WHAT IS COMPASSIONATE SEATTLE?

[Compassionate Seattle](#) is a network of self-organizing groups who share a common vision for a compassionate region and world. When Compassionate Seattle was created in 2010, members established goals to bring "citizens, government, and institutions ... together to embrace and apply compassionate solutions and encourage community service to meet the needs of families, friends, communities and neighbors."

I WANT TO VOLUNTEER FOR A SERVICE PROJECT. WHERE DO I SIGN UP?

Public Service Projects can be suggested by anyone and volunteers can join any of the projects being organized. Examples of projects include: plant a garden, organize a carpool, paint a house, clean up a lot, organize food shelves at a food bank, or volunteer to help out at an animal shelter. Each project must have a title/description as well as a primary contact and project lead. The projects reside on the United Way of King County Volunteer web site. To suggest or review the projects, [visit here](#). If you need help call (206) 972-7356.

WHAT ABOUT SMALL ACTS OF COMPASSION, HELPING A NEIGHBOR OR BUYING A SANDWICH FOR A HOMELESS PERSON?

Random Acts of Compassion are selfless acts performed by a person or a group of people wishing to help an individual person or group. You can perform random acts of compassion for those you know, for strangers, for the earth, or for yourself. Visit the Gallery of Compassionate Actions to learn more and discover suggestions for actions that you may choose to perform. You can write about these acts in the Stories of Compassion story contest, or just submit a few lines to share the experience with other players here.

HOW IS THE SCAVENGER HUNT PLAYED?

This game starts online with the game SuperBetter, which was designed to help individuals build resilience and strength. It will take you into your community via a city-wide scavenger hunt to discover the heart and soul of Seattle. We are looking for buried treasure, the gold that lives inside each of us and the community as a whole.

To join the scavenger hunt you sign up to play the SuperBetter and invite Compassion Games to be one of your allies. During the hunt we will suggest Quests for participants to go on as well as Power Ups and advice of battling Bad Guys. SuperBetter is backed by research that shows this kind of activity builds resilience and strength. You can read about it [here](#). If you are interested in being a part of the team designing the challenges sign up and let us know. To begin playing SuperBetter, [start here](#).

WHAT IS THE GOAL OF THE STORIES OF COMPASSION?

We are collecting Stories of Compassion from our community to celebrate and acknowledge our strength. All stories submitted will be posted on this site, becoming an online gallery of work. The contest is open to students, professionals and community members. We are encouraging stories that are told with text, video, photos, and audio, or a combination of these tools. The stories can consist of experiences during the Compassion Games, or previous experiences that have changed your life or someone you know.

Stories must be submitted between Sept. 21, which the Compassion Games kick off, and Oct. 21, when the Compassion Games come to a close. A panel of distinguished judges will select winners in six categories, with winners selected after the close of the games. Here are the categories:

- Youth making a difference
- Those who work compassionately to provide basic needs
- Compassion in your community (can be neighborhood, city, social or interest-based)
- Compassion as demonstrated by faith or interfaith communities
- Compassion in the business world
- Compassion in school or education program

WHAT ARE THE BENEFITS TO PARTICIPATING ORGANIZATIONS?

Organizations can post their need for volunteers and find a match with people interested in supporting their work. This will raise agencies' public profiles and could lead to ongoing relationships with volunteers, and will connect these agencies to a network of agencies participating in the Compassion Games.

HOW DO I BEGIN?

There are many ways to get involved:

[Join the Organizing Committee](#) for the 2012 Compassion Games: Survival of the Kindest

[Plan and produce](#) a community activity/project. What are you already doing that would benefit for expanded community engagement?

[Promote a "hidden treasure"](#) of neighborhood history, past acts of compassion, or opportunities for engagement that can be part of a neighborhood/geographically organized "scavenger hunt."

[Become a sponsor](#) of the Compassion Games

[Sign up](#) to stay informed

Volunteer for a public service project. Perform an act of kindness. Develop personal resilience and celebrate our community. Tell a meaningful story of compassion.

WHAT DIFFERENCE WILL THE COMPASSION GAMES MAKE?

Compassion Games will bring us in contact with our neighbors and others in new ways by connecting the community in positive, meaningful and fun activities that lead to co-operation and mutually supportive relationships.

The Compassion Games will produce practical, on-the-ground results for those seeking help, painting houses, giving blood, donating time and money, and other acts of service.

The Compassion Games will make our community safer. Many studies show that there are two major determinants of local safety. One is how many neighbors we know by name. The other is how often we are present and associated in public—outside our houses..

The Compassion Games will heighten the awareness of what is working in our community/region by highlighting solutions and acts of kindness and generosity.

To Compassion Games will help bridge the gap between South and North Seattle, as well as youth and elders and many other divisions that exist.