



MY COMPASS
HELPS ME
FIND MY WAY!



Your Moral Compass

On a nature hike, a compass can help you stay on track. A compass points north because its needle is a magnet. Earth is also a magnet, with a pole near the North Pole. A compass aligns itself with Earth's magnetic field. This field is thought to be created by Earth's metal core.* A compass is a great tool to keep you from getting lost.

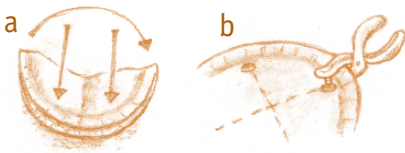
Do you know that you have a type of compass within you, called a *moral* compass? Similarly, it can guide you in making wise choices. If someone is being a bully or cheating on a test, this inner guide can lead you to a positive route.

When you listen to your spiritual self, your moral compass is at work. Prayer, meditation, and virtues such as mindfulness and empathy keep your compass in great condition. Where will your compass lead you?

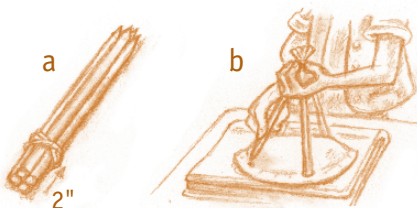
Make Your Own Compass

You'll Need: 7" (18 cm) sturdy paper plate • hardcover book • ruler • hole punch • four 10" (25 cm) wooden skewers • rubber band • large metal paper clip • small magnet • 10" (25 cm) thread • tape • scrap paper • scissors • plastic needle

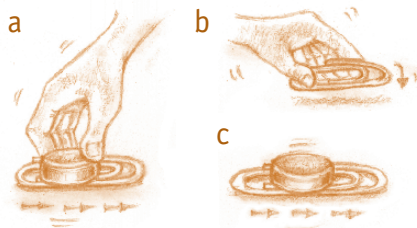
- 1 (a) Fold plate in half, then fold in half again. Open plate. (b) Punch hole at end of each crease, about 1" (2.5 cm) from edge. Place plate face down on book.



- 2 (a) Wind rubber band around flat ends of skewers. Push rubber band down so it's 2" (5 cm) from ends. (b) Place pointed end of each skewer through a different hole in plate.



- 3 (a) Hold one end of paper clip and scrape magnet over its length 50 times in one direction only. (b) Flip paper clip over. (c) Repeat on opposite side, scraping in same direction.



- 4 (a) Tie one end of thread to paper clip. Put other end of thread through needle and (b) push through center of skewers. Remove needle.



- 5 Tie top of thread around skewers. Paper clip should hang about 2" (5 cm) from plate. Make sure clip isn't near any magnets, metal, or wind. Gently move thread along clip until clip balances parallel to table. When clip stops moving, one end should point north. Cut out a 1/2" (1.3 cm) paper triangle and tape it to north-facing end of paper clip. Hold the book to transport the compass without disturbing the skewers.

