



# Character Counts

## Caring

Life's most persistent and urgent question is: "What are you doing for others?" -Martin Luther King, Jr.

### Caring

- ◆ Be Kind.
- ◆ Be compassionate and show you care.
- ◆ Express gratitude.
- ◆ Forgive others.
- ◆ Help people in need.

### The Golden Rule

"Do unto others as you would have them do unto you" translates the general principal of caring and concern into a operational standard which encourages people to maximize the good and minimize the harm done to others.

Adapted from Family Times Newsletter, West Virginia University

### Caring Do's

- Show you care about others through kindness, caring, generosity and compassion.
- Live by the Golden Rule...treating others the way you want them to treat you.
- Think about how every decision, word or action will impact every stakeholder.

### Caring Don'ts

A caring person lives with these reminders:

- Don't be selfish!
- Don't be mean!
- Don't be cruel!
- Don't be insensitive to the feelings of others!



### Secret Pals

#### 4-H Club Activity

Have each 4-Her write his or her name on a slip of paper. Place the names in a jar. Let each student draw a slip. Ask the participants not to tell or show anyone the names they drew. Then have the 4-Her's place the slips back in the jar. Explain that each person is a secret pal to the person whose name he or she drew. The assigned task is to be a caring person to this particular person for the day. Remind participants that a caring person is kind, compassionate, and helpful. At the end of the day, let the participants try to guess and reveal their secret pals. Discuss how it feels to offer caring acts, and how it feels to receive them.



For Character Counts Activities please visit [www.4h.uwyo.edu](http://www.4h.uwyo.edu)

### A Person Of Character

- Is a good person, someone to look up to and admire.
- Knows the difference between right and wrong and always tries to do what is right.
- Sets a good example for everyone.
- Makes the world a better place.
- Lives according to the "Six Pillars of Character": Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

## Caring in 4-H

### 4-H Club Activity

#### "Strive for Five!" Youth Challenge

Take the challenge, choose 5 people to help in some way. For example, choose to play with someone new, help a person who has fallen, say thank-you to the lunchroom workers, etc. Or, instead of doing something nice for 5 people, change it to doing 5 kind things a day!