



# Character Counts

## Caring

**What is Caring?** - One who is kind, empathetic and considerate.

Caring doesn't just happen automatically. In order to learn to care, we must practice caring. In 4-H we learn by doing which helps us to see what a difference our acts of kindness make in the lives of others. Some people help others because it makes them feel good. Some show they care because they feel it is expected, while others feel badly when they know someone is hurting.

Caring is more than just a feeling and is demonstrated by concern for others. They are concerned not only with humanity, but also with the environment, pets, and plants.

Adapted from the Missouri 4-H Youth Development's Character Education Program.

**You care when you:**

- ◆ Are kind
- ◆ Are compassionate and show you care
- ◆ Express gratitude
- ◆ Forgive others
- ◆ Help people in need



*"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have." - Margaret Mead*

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

## Caring in 4-H



Saying Thank you is a simple yet important way to show adults and other 4-Hers that you appreciate what they have done. Volunteers say the most special recognition they can receive is a written thank you note from a 4-H member.

Make plans in your club to make new members feel welcome. You may want to adopt the Buddy System where you pair an existing club member to a new member. It is a good way to answer questions of new members and to make them feel they understand what is going on. The existing club member feels good about what they are doing and develops responsibility and compassion for other youth.

### Clover Connection

- **Head** - thinking about ways to show others we care.
- **Heart** - communicating caring respect to others.
- **Hands** - providing acts of kindness and service to others.
- **Health** - showing we care about ourselves and others by making healthy choices.