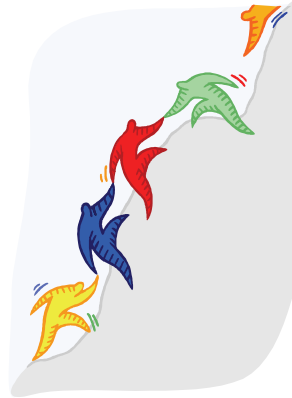




that's what we're made of

Character Counts

Caring



"I feel the capacity to care is the thing which gives life its deepest significance."

- Pablo Casals

Caring is:

Compassion: Show concern for others, help others in need. Don't look the other way when someone needs help.

Charity: Give time, money and support, be generous. Don't give only for praise or awards.

Kindness: use positive words, act in a caring way. Don't be mean, selfish or cruel.

Empathy: put yourself in others' shoes. Don't make fun of others.



For all of the Character Counts news letter inserts please visit www.4-h.uwyo.edu

Caring in 4-H:

There are many easy ways to show others you care;

- give someone a compliment
- spread smiles to other people
- write a note to someone thanking them for something
- keep a promise that you made
- show you care for the environment by recycling
- do something special for your 4-H club
- do a good deed without being asked

Are you a caring person?

Take this self-evaluation and decide for yourself.

- | T | F |
|-----|-----|
| ___ | ___ |
| ___ | ___ |
| ___ | ___ |
| ___ | ___ |
| ___ | ___ |

I conclude that I am / am not a caring person because _____

