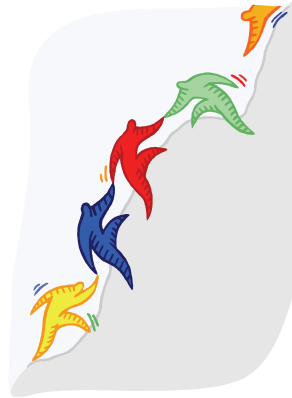




*that's what we're made of*

## 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](http://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 am never mean, cruel, or insensitive.              |
| ___ | ___ | I treat people with kindness and generosity.         |
| ___ | ___ | I am charitable.                                     |
| ___ | ___ | I give of myself for the benefit of others.          |
| ___ | ___ | I am responsive to the concerns and needs of others. |

I conclude that I am / am not a caring person because \_\_\_\_\_

