



*that's what we're made of*

## Character Counts

### Caring

#### What is caring?

According to wordreference.com, caring means a loving feeling, having or displaying warmth or affection, feeling and exhibiting concern and empathy for others.

Caring is the heart of ethics, and ethical decision-making. It is scarcely possible to be truly ethical and yet unconcerned with the welfare of others. That is because ethics is ultimately about good relations with other people.

It is easier to love "humanity" than to love people. Peo-

ple who consider themselves ethical and yet lack a caring attitude toward individuals tend to treat others as instruments of their will. They rarely feel an obligation to be honest, loyal, fair or respectful except insofar as it is prudent for them to do so, a tendency which itself hints at fraud and a lack of integrity. A person who really cares feels an emotional response to both the pain and pleasure of others.

The highest form of caring is the honest expression of benevolence, or selflessness.

Adapted from the Josephson Institute, Making Ethical Decisions.



*"A smile is the light in your window that tells others that there is a caring, sharing person inside."*

*-Denis Waitley*

#### Caring in 4-H

##### 4-H Club Activity "Little Brown Bag of Compliments"

Learning to give compliments is one way to develop a caring character. Give each 4-Her a brown lunch bag and as many index cards as there are people in the group. Have each 4-Her decorate their bag and write

their name on it. Have them sit in a circle and pass their bag to the person on their right. Then have each 4-Her write a compliment on an index card about the person whose bag they are holding. When they finish have them place the index card in the bag and pass the bag to the person on their right. Continue until

each person gets his or her own bag back. Let the 4-ers read their compliments and then discuss the importance of giving positive compliments and sharing feelings of appreciation.

Adapted from SDSU Cooperative Extension Service.



##### Clover Connection

**Head** - use positive words.

**Heart** - show compassion for others.

**Hands** - give service to others, time, money and support.

**Health** - show you care for yourself by making healthy choices.