

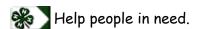
## What is caring?

Caring people love, help, give and are kind. They are caretakers of people, pets, plants, possessions and even the planet.





Be thankful and express gratitude for what people do for you. Forgive others for their shortcomings.



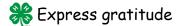
# Character Counts Caring

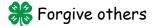
Be charitable and altruisticgive money, time, support, and comfort without expecting praise and gratitude.

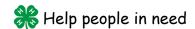


#### Caring people are:

- Kind
- Compassionate and show they care









## Caring in 4-H

#### Secret Pals

Have each student write his or her name on a piece of paper. Place the names in a jar. Let each student draw a slip of paper. Ask the students not to tell or show anyone the name(s) they drew. Then have them put the slips of paper back into the jar. Explain that each person is a secret pal to the person on the paper that they drew. The assigned task is to be a caring person to this particular person for the day. Remind them that a caring person is compassionate, kind, and helpful. At the end of the day let the students guess and reveal who their secret pal is. Discuss how it feels to offer giving acts and how it feels to receive them.

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.