

WYOMING CHARACTER




that's what we're made of

September 2011


Character Counts Caring


What is caring?


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

 Be compassionate and empathetic.

 Be kind, loving, and considerate.


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


 Help people in need.

 Be charitable and altruistic—give money, time, support, and comfort without expecting praise and gratitude.

Caring people are:

 Kind

 Compassionate and show they care

 Express gratitude

 Forgive others

 Help people in need



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.

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office