

# WYOMING CHARACTER

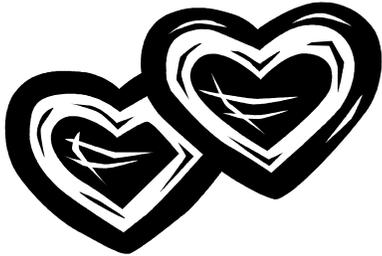


*that's what we're made of*

## Character Counts

### Caring

We must realize that "small acts of kindness" can impact your community. All acts of caring make a difference. Small things are worth doing. A true person of character incorporates acts of caring into their daily lives.



### What is caring?

When you hear the word caring, the first thing that comes to mind might be caring for your animals or physically caring for a family member. True caring is much more, it comes from a true concern for others. It envelopes compassion and empathy to all those around you, including strangers. Compassion is to feel a deep sympathy and desire to help.

Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as you ever can.

— John Wesley, evangelist and founder of Methodism (1703-1791)

Adapted from the Josephson Institute, Caring.

"If you want **others** to be happy, practice compassion.  
  
If **you** want to be happy, practice compassion."  
  
Tenzin Gyatso The 14th Dalai Lama (B. 1935) (born 1935);

### Caring in 4-H

#### Club Activity

1. Read the following situations:
  - A mother who was having a difficult time trying to manage several kids by herself
  - A crowd of kids watching other kids fight and nobody does anything
  - Someone burdened with several grocery sacks having a difficult time getting to their car
2. Ask the kids, "what do the situations have in common?"
3. Discuss
4. Inform students when they provide a service to others they are performing a service. "whenever you help in a situation such as those we discussed, it makes you feel good inside. Remember, if you want to feel good about yourself, try helping those who are having a hard time. You might be surprised at how this helps you too."
5. Ask the kids to think of situations they have seen in the last week that someone needed help.
6. Challenge the youth to help at least one person in the next week. Next time you meet you will follow up to hear what they did. "You don't have to be a hero, small deeds go a long ways"



Clover Connection  
  
**Head** - Show your Smile  
  
**Heart** - Show compassion for others.  
  
**Hands** - Serve those in need  
  
**Health** - Your happy when you help others