



that's what we're made of

"You can not do a kindness too soon because you never know how soon it will be too late." Ralph

Waldo Emerson

"No one seems to care anymore!"

This modern lament reveals the high value we place on caring. It also reveals the miserable state of affairs we think the world is in when people don't care about each other.

Caring and the values it represents - compassion, kindness, consideration, forgiveness, charity, generosity, and unselfishness - are the

Character Counts

Caring

heart of ethics. To be genuinely concerned with the well-being of others is an essential quality of a person of character. Caring is essentially others-centered. Caring people take into account how their decisions and actions are likely to affect others. Caring for other people builds the ability to empathize across barriers such as culture, race, and age. Kind and considerate people possess sympathetic or generous qualities that imply an indication to be charitable and do good.

Caring is a powerful antidote to bullying. All bullying behaviors are uncaring in that they represent a disregard for how one's words and actions affect others.

If students are taught to be kind and compassionate, a culture of caring will develop and bullying behaviors will not emerge. Emphasizing the need for students to actively show caring can prevent bullying behaviors and address them if they occur. Highlighting the need for students to be kind also helps to create a climate inhospitable to bullying and raises the self-esteem of those who may be targeted. Caring also means helping those in need.

"No act of kindness, no matter how small, is ever wasted." - Aesop

Caring meeting activity:

- Prepare a "4-H Care Kit" to welcome new 4-H members in your club, community or school.
- Play the M & M Game-Give everyone a bag with 7 M & M's and a sheet of paper. On the sheet of paper write down answers to the following questions:
 - Something you like to do for others.
 - Give an example of an act of kindness.

- I would like to share _____ with _____.
- I wish I could help.....
- I would love to.....
- I am concerned about.....
- A considerate person is someone who.....



Find a partner, face each other and take turns telling one item from your list.

After each answer you can eat ONE M & M. Continue until all of your M & M's are gone.

Talk about the experience.

Was it hard to come up with answers?

What can you do in the future to show others that you are a caring person?

Clover Connection

Head - thinking about ways to let others know we care.

Heart - communicating caring respect to others.

Hands - providing acts of kindness and service to others.

Health - showing we care about ourselves and others by making healthy lifestyle choices.