

WYOMING CHARACTER



that's what we're made of

We should all be.... Caring!

Why do people show consideration, kindness, compassion and generosity to others? Some help others because it makes them feel good. Some show concern because everybody else seems to. Some show kindness to avoid embarrassment, to earn recognition, to relieve guilt, or because it hurts them to see other people hurting. Genuine, selfless concern for others is a sign of ethical maturity. A big part of maturity is the ability to think and care about someone besides oneself. Selfish motives and selfish actions are childish motives and childish actions. Self-centered people tend to treat others simply as instruments of their own ends and rarely feel an obligation to be honest,



Materials: Two large clear drinking glasses, blue food coloring, bleach.

Procedures:

1. Fill one of the glasses about a quarter full of water.
2. Fill the other glass a little more than half with bleach.
3. Put one or two drops of food coloring into the glass of water.
4. Stir the water to dis-

4-H Activity: The Color of Caring

5. Explain that the blue water represents how someone who is hurting, sad, or lonely might feel on the inside. You've probably all heard the phrase "feeling blue." But, when we take the time to be caring and kind to someone who is sad, we can make a difference in their lives.
6. (Hold up the glass of bleach and say that this represents "caring." Then pour it into the colored water.) By caring for others, look at the difference we can make in how they feel.
7. Watch as the water slowly starts to turn back to clear. (While you wait, it will take about a minute, you can discuss ways that we can care for others.)
8. **Clearly, you can make a difference by caring for others!**

Activity provided by Dilworth Elementary School: <http://schools.cms.k12.nc.us/dilworthES/Documents/Character%20Education/Caring.pdf>



October, 2014

loyal, fair or respectful. Caring people, on the other hand, have progressed from selfish to selfless, from inward-focused to outward-focused, from me-minded to we-minded, and from a give-me approach to a give-you approach.

Caring requires us to be as considerate, kind, compassionate and generous as our duties and responsibilities permit. But sometimes even love has to be tough. Sometimes really caring requires difficult decisions that are unpleasant for a stakeholder initially, but best for him or her in the long run. Sometimes responsibility seems to conflict with caring.

Caring Do's

- ♥ Show you care about others through kindness, caring, generosity and compassion.
- ♥ Live by the Golden Rule . . . treating others the way you want them to treat you.

- ♥ Think how every decision, word or action will impact every stakeholder.

Caring Don'ts

A caring person lives with these reminders:

- ♥ Don't be selfish!
- ♥ Don't be mean!
- ♥ Don't be cruel!
- ♥ Don't be insensitive to the feelings of others!

Article provided by Josephson Institute: http://charactercounts.org/pdf/Exercising-Character/Exer-Char_teens-caring.pdf



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 my making healthy lifestyle choices.

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