WYOMING CHARACTER

that's what we're made of

October, 2015

Caring

Never Underestimate Caring

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

~ Leo Buscaglia

Compliments, smiles, and kind words are always nice gifts to receive on a daily basis. These simple things make us feel special when someone gives them to us. Have you ever stopped to think if you give them out to others?

Sometimes, we don't think about the words we say, the smile we give, or the compliments we make. We don't think about how they could impact someone. The compliment you give could change someone's day for the better. Try to think back when someone you know made you feel special? Why did it make you feel that way?

Often times people will remember how you made them feel. You remember when people made you feel good about yourself right? You can pinpoint a time when someone made you feel bad too.

Everyone can remember a time when someone made them feel either good or bad about themselves, because we have all been impacted by someone's words or actions.

Next time you see someone, give them a smile and a compliment. You don't know how you could effect their entire day. It will make them feel good about themselves, and don't we all want to feel special? Giving a nice compliment or smile might just be the reward they need for the day that they have had.

4-H Activity: Kings and Queens of

Materials: Pipe cleaners and colored beads.

Procedures:

1. Ask the youth to define reward and give examples. Discuss why people receive rewards and how it makes them feel. Explain the expression "A good deed is its own reward."
2. List examples of caring and compassionate behavior. Emphasize that caring is contagious and both the person caring and the one cared-for receive rewards.
3. Hang the pipe cleaner in a permanent spot visible to everyone.
4. Then say: "Every time I spot one of you preforming a caring deed for someone, we will add a bead to the pipe cleaner. Once we have 20 beads on the pipe, we will take a vote and decide who has been the most caring for the day. If you are chosen, you will be given the caring bracelet for the day." You might designate the "King/Queen of Caring."
5. Continue the activity with a new pipe cleaner and new beads- and a new "King" or "Queen" when the pipe cleaner has another 20 beads on it.

Taken from the Good Ideas Book for Character Counts!

Clover Connection

Head - Speak kind words to everyone. Think kind thoughts to yourself.

Heart - Make everyone feel important.

Hands - Lend a helping hand whenever needed.

Health - Get out in your community and make a difference in the lives of others.

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