

# WYOMING CHARACTER



*that's what we're made of*

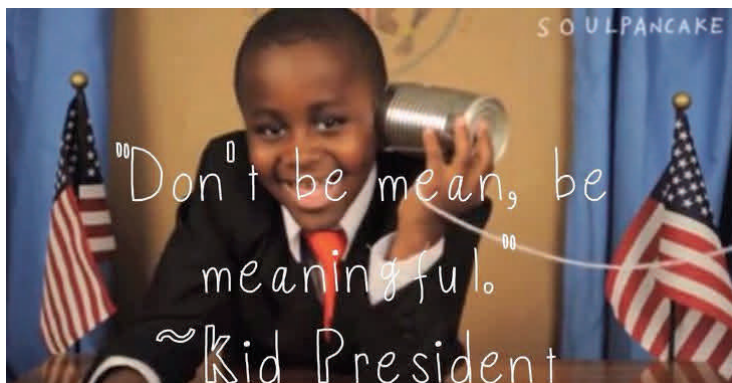
## Caring

### Caring... Have you done it today?

*"If you can't think of anything nice to say, you're not thinking hard enough!" ~ Kid President*

Have you ever taken a moment to watch a Kid President video? If not, take a few moments to google it, you will be inspired to become AWESOME!

Awesomeness is not just about doing the right thing, its also about caring for those around you. When you care for someone, you show



how much you appreciate the person they are, flaws and all.

One of the easiest ways to show you care is to speak kind words. Along with kind words, listen to how others are feeling. Pay attention to their words as well as their body language, show compassion for their thoughts.

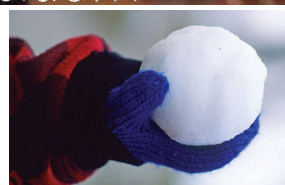
A great way to teach caring behavior is to model it yourself. Pass around high-fives, smile at others, compliment your peers, and listen when others are speaking. Praise kind behavior, and never tolerate rudeness.

Caring is not something that comes naturally to everyone, sometimes it takes PRACTICE!

Make a conscious effort every day to speak a kind word, or do something small to show others you care. The more you practice, the better you will become!



### 4-H Activity: Snowball Fight!



**Materials:** A large pile of paper and pencils.

**Procedures:**

1. Have members sit in a circle on the floor.
2. Distribute a sheet of paper and pencil to each member
3. Ask each member to write their name at the top of the paper.
4. Once members have their name on a sheet of paper, ask them to crumble them into a ball.
5. Tell members to throw their paper balls like a snowball fight!
6. Once the fight has died down, ask them to choose a ball, unfold it, and write something nice about the person on the ball.
7. Crumble the papers again and have another snowball fight!
8. Once the fight has died down, repeat step 6. Repeat as many times as compliments you wish to have members write.
9. Ask each member to read the last ball they pick up to the group.

#### Clover Connection



**Head** - Remember to try and do something nice for someone everyday..

**Heart** - Listen to others, let them know you care.

**Hands** - Practice small acts of kindness!

**Health** - Be a friend, and you will always have a friend! Smiling lifts your spirits as well as those around you!