



Caring

CARING means to be nice to another.

CARING means being supportive and responsive to the needs of others with kindness and compassion.

Activity 1

Talk to your child about what **CARING** means. Emphasize that a caring person shows kindness and compassion towards others. Talk about different ways people let others know they care about them. Discuss with your child people who might benefit from some special attention. For example, there may be a new student at school who needs a friend or a neighbor that could use some help. Help your child recognize the good feelings that come when he or she shows compassion.

Activity 2

Explain to your child that people can care about and help others even if they don't know them. Together with your child, identify charitable organizations in your community. Discuss the goals of these organizations, and explain how they help people. Consider visiting a food bank or thrift store with your child. If possible, demonstrate a caring act by giving a donation.

Activity 3

Do a little exercise with your child like jumping jacks or dancing together to get your hearts pumping faster. Talk about how exercising helps strengthen heart muscles. Ask your child what the following quote means: *"Helping others makes our hearts strong."* Explain that helping others is a way to show we care. Help your child decide on three things he or she can do to help someone this week. It can be a family member, neighbor, friend at school, or anyone in need. Explain that performing the service will help "exercise" and strengthen his or her "caring muscles".

Activity 4

Together with your child, think about all the people who care about him or her. Ask how a person can tell when someone is caring. Share a story with your child about someone who cared for you and treated you with kindness when you were a child. Together, identify people that treat your child with kindness and caring. Discuss how you can let them know how much their caring ways are appreciated.

Activity 5

Explain to your child that people care about many different things. They care about other people, animals, education, the environment, possessions, etc. Talk about how to show caring in each of these areas. Pick one area (or another of your child's choice) and develop a "Caring Campaign" for your family and friends. Some ideas could include: picking up trash around the neighborhood, planting flowers, visiting a nursing home, keeping things in order, doing well in school, etc. Involve others in your campaign and carry it through.