# Caring

**Pre teach:** Tell the students that you are glad to be back today and that you will be discussing this week’s habit caring with them. Ask the following questions and call on different students for answers. Below each question are examples of the type of responses you are looking for. You may need to rephrase the student’s answers or guide them along.

## (Ask) What does it mean to be caring?

1. Showing concern for the well being of others.
2. Using your words and actions to help someone. 3. Giving of yourself without expecting anything in return.

## (Ask) What are some words that describe the character trait of caring?

1. Kindness
2. Thoughtful
3. Sharing,
4. Helping
5. Understanding

## (Ask) What are some ways we can demonstrate caring?

1. Give to help others in need. For example: collect canned goods for local food pantries, donate gently used clothing and toys, send a card of encouragement to someone who is sick.
2. Show respect to people, property, animals, and the environment.
3. Be kind to everyone and do not exclude others from activities you are doing.
4. Listen to what other have to say. 5. Be helpful in all situations, at school, home and in your community.

## (Ask) Why is it important to be caring towards others?

1. To make someone else feel better.
2. Helps us to feel good about ourselves.
3. We learn compassion for other and to look beyond our own needs.
4. May inspire others to be caring too.
5. Makes the world a better place.

**Book:** Read and discuss a book that teaches a lesson about caring. (Book suggestions attached)

**Activity:** Complete an activity to go along with your lesson (Activity suggestions attached)

**Closing comment:** What’s important in life is how we treat each other. At our school caring is the rule!

**Make just one person happy each day and in forty years you will have made 14,600 people happy for a little time, at least. ~Charles Willey**

# Caring Activities

**The Color of Caring** (Suggested for all grades)

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

Fill one of the glasses about a quarter full of water. Fill the other glass a little more than half with bleach. Put one or two drops of food coloring into the glass of water. Stir the water to distribute the color. 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. (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. 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.) **Clearly, you can make a difference by caring for others!**

**Cards of Caring** (Suggested for all grades)

## Materials: None

Have students write notes of appreciation and encouragement to someone in the school e.g.: teachers, the principal, cafeteria workers, office staff, and bus drivers. Arrange with the classroom teacher to have the students personally deliver their caring cards.

**The Caring Chair** (Suggested for all grades)

## Materials: None

Bring a chair up to the front of the classroom and tell the students it will temporarily be known as the “Caring Chair.” Invite students to come up one at a time to sit in the chair and give an example of a way to show caring.

**The Caring Tree** (Suggested for grades K- 3)

**Materials**: construction paper leaves – at least two for each student

Have each student write a "caring" comment or compliment about another classmate on a leaf. For example: Jill was kind to our new student, or Jack cares for our class when he volunteers to pick up trash. Draw a tree on a large piece of butcher block paper or poster board. Have the students take turns reading their leaves and putting them on the tree. To ensure all students are included, you may want to divide the class into small groups and have the group members write a comment for each other.

**Ponder This** (Suggested for grades 3 – 5) **Materials**: None

Write this quote on the board, "When you are kind to others, it not only changes you, it changes the world." ~Harold Kushner. Discuss with the class the meaning and personal application of this quote in our lives. Next, ask the students to write down an action they can do to show caring and improve the world. Share students’ actions with the rest of the class.

**Book Suggestions for Caring**

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| **Kindergarten:** | Clifford's Good Deeds, Norman Bidwell  Corduroy, Don Freeman  Swimmy, Leo Lionni  Rainbow Fish to the Rescue, Marcus Pfister |
| **First Grade:** | Alexander and the Wind-up Mouse, Leo Lionni  Big Al and Shrimpy, Andrew Clements  The Mitten Tree, Candace Christianson  Wilfrid Gordon McDonald Partridge, Mem Fox |
| **Second Grade:** | A Mother for Choco, Keiko Kasza  Now One Foot, Now The Other, Tomie dePaola Knots on a Counting Rope, Bill Martin Jr. The Giving Tree, Shel Silverstein |
| **Third Grade:** | Angel Child, Dragon Child, Michele Maria Surat  Horton Hears a Who! Dr Seuss  Peach and Blue, Sarah Kilborne  Oliver Button is a Sissy, Tomie dePaola |
| **Fourth Grade:** | Ferdinand, Munro Leaf  Mufaro's Beautiful Daughters, John Steptoe  More Random Acts of Kindness, Conari Press |
| **Fifth Grade:** | The Rough-faced Girl, Rafe Martin |

Through Grandpa's Eyes, Patricia MacLachlan

Pink and Say, Patrica Polacco