Caring Lesson

Being able to care for ourselves is expected. Being able to care for others is a bonus. **There are many ways** you can care about, share with and serve others. **The first** way you can care about others is through your actions. For example, you might make your mother’s bed, (assuming you’ve already made yours, too) help a younger kid with reading or homework, hold the door open for the person behind you at the store, or stop and say hi to a neighbor you know and really listen to their answer when you ask “how’s it going?”

**Another way** you can show you care is with your words. Say kind things to and about other people (it’s okay to do it even if you don’t think they REALLY deserve it). Offer someone some advice, or say, “sorry” even if it is wasn’t your fault. Sometimes you can just make eye contact with someone and smile and those kind glances are the kindest “words” someone might “hear” all day. Your words can also stop bad things from getting around; if you hear a bad gossip, rumor, or news about someone, take the time to check it out to see if it is valid before you “forward” it to others.

**A third way** you can show you care is with your thoughts. Positive thoughts (and for some people, prayers) can be very powerful. It might sound kind of funny, because in a way, this is an invisible act, but you can show an act of kindness for another person by thinking good thoughts about him or her. For some people, this is harder that it may seem. Thinking positive thoughts take practice for most folks, but it is a kind act you can do, that can make a difference for another.

**The last** **way** you can show you care is with material gifts. If you are able to buy things for someone, chances are they will really appreciate it. If you really want to surprise them, do it at an unexpected time, like not on their birthday. You can buy things for the environment, too. For example, Mrs. Peterson, here at Nicollet, volunteers for the TREE TRUST, an organization that donates and plants trees for parks and individual citizens. Most recently, several hundred trees were donated to residents in North Minneapolis, following the tornado that blew through there last spring. When she was younger, I “forced” my daughter, Amy, to put 10% of her allowance into a separate pot called “charity”. She could use that money however she wanted, as long as it was used to help others. One year she helped buy school supplies and now donates to Toys for Tots. It doesn’t matter how much or how often, just that we do what we can when we can show others we care.

**You just heard four ways** you can show you care; with your thoughts, words, actions, and material things. **Following this lecture** **you will be expected to identify** the four ways you can show you care, list an example of each, and complete a matching activity.

Caring Lesson Notes

Ways to show you care Examples

Actions help mom and dad at home

 Hold door for someone

Words say hi to someone

 Check a rumor before you pass it along

Thoughts think positive thoughts about someone

 If you believe in prayer, say a prayer for someone

Material gifts Surprise someone with a gift

 Donate gifts or money to charity

Ways to Show You Care Quiz

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fill in the blanks:

Use each of the four ways to show you care at least once:

With your actions With your Words With your Thoughts With Material Gifts

1. Holding the door open for someone is an example of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. If you purchased and gave a gift to someone, that would be an example of which type of caring? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Telling someone good luck on their test is an example of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Thinking positive thoughts about someone is an example of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Offering to take the garbage out w/o being asked is an example of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

True or False: Circle T if the statement is true and F if the statement is false

1. T F Without money, there is no way to show someone you care.
2. T F Once you do a nice thing for someone you have to do it every day for the rest of your life.
3. T F Kids shouldn’t hold a door open for other kids at school.
4. T F Donating to Toys for Tots can only be done by adults.
5. T F If you hear a rumor about someone, you should put it on Facebook as soon as you can.

Short Answer:

1. If someone gve you $20.00 and told you to buy something(s) for another person, who is the person(s) you would buy it for, and what would you purchase? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Extra Credit: Tell me about a time you showed you cared about others: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reference

Lewis, B. A. (1998). *What Do You Stand For, a Kid’s Guide to Building Character.* Free Spirit Publishing, Inc.: Minneapolis, MN.