

Character Education: Caring

Pre teach: Tell the students that you are glad to be back today and that you will be discussing this month's trait 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 Suggestions for Caring:

Read and discuss a book that teaches a lesson about caring. These books and others are located in our Character Education library and available for

check out. This library is located inside the school library against the back wall under the windows. You will see a "Character Education" sign and the books are divided by character trait. We have roughly 30 books about caring in the character ed library. Please check these books out with the librarian and return promptly since we all share these resources. Also, please feel free to bring an appropriate book from home or the public library. These are just suggestions.

Grades K-2

Clifford's Good Deeds, Norman Bidwell
Corduroy, Don Freeman
Swimmy, Leo Lionni
Rainbow Fish to the Rescue, Marcus Pfister
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
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

Grades 3-5

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
Ferdinand, Munro Leaf
Mufaro's Beautiful Daughters, John Steptoe
More Random Acts of Kindness, Conari Press
The Rough-faced Girl, Rafe Martin
Through Grandpa's Eyes, Patricia MacLachlan
Pink and Say, Patricia Polacco

Caring Activities:

Complete an activity to go along with your lesson. You may choose to incorporate an activity into your lesson at any time. Oftentimes visuals and experiments are very effective at the beginning and will get your students excited about the lesson.

***Please note that in December we may do a school wide activity in place of the

December character ed lesson. This activity will be a hands-on activity that the children will do in the classroom to benefit a local charity or our sister school. If this happens you will receive specific details from the Character Education Committee Head prior to December. ****

Caring Coupon Books (suggested for all grades)

Materials: paper and the template printed in advance, colored pencils

Make a template in advance and print 3-5 coupons per student. (try to fit them on one page). Have each student come up with ideas on how they can help someone they care about. Have them complete the template and decorate them. They can give these out to family members or friends as gifts. You can also punch a hole in the corner and tie with a ribbon.

I care for you. I will help you_____.

Love, _____□

Cards of Caring (Suggested for all grades)□

Materials: Paper and crayons or colored pencils

Caring Within the School: □Have students make cards/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.

Caring Within the Community: Have the students make cards for people in your community. This can be local fire fighters or police, Soldiers stationed overseas, elderly people living in a home, children at the Children's hospital, families at a homeless shelter, families staying at Ronald McDonald House, etc. Please make arrangements to deliver these cards to the appropriate agency.

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!**

Caring/Kindness Circle (suggested for grades 3-5)

Materials: paper and poker chip

Divide the students into groups of 4-5 children. Give each group a piece of paper and a poker chip or token. Have one student in each group start by writing a way they can show kindness to others. Then pass the paper to the next student in their group. Have each child write a way they can show kindness until the paper makes it around the group. Then start with group one and ask each child to read his/her kindness statement. When it is their turn they need to hold the poker chip to indicate it is their turn to speak. The poker chip is a visual reminder to show caring but listening to what others have to say. Move onto the next group until each child has read their kindness statement. Next talk about where they can show these acts of kindness. Is it at home, at school, in the community, etc.

Random Acts of Kindness (suggested for all grades)

Start a discussion among the students on things they can do throughout the community or at home to practice caring and kindness. Write ideas down on the White board and ask students to pick one item to complete that month. You can have them write it down on a sheet of paper like a pledge form and decorate the pledge to take home. Here are some ideas:

- Make a card for someone we needs a pick me up
- Cut out a funny cartoon and give it to a friend who is sad
- Draw a picture for someone
- Donate food or clothing to a local shelter
- Pick up trash in a park
- Hand out free hot chocolate at a community event
- Create sticky notes with positive messages and kind words and hang them around your house or in the hallway at school
- Buy someone lunch
- Hold the door for someone who needs help
- Let someone go ahead of you in line
- Play with someone new at recess
- Clean up after someone else
- Thank an adult at school for something they do

- Say hello to a new friend

Caring Videos

YouTube is a great resource for videos about caring. Here are a few suggestions but feel free to find your own age appropriate videos.

https://www.youtube.com/watch?v=QfF1m3-DI_Q

In this clip, a boy catches a baseball at a baseball game, and then gives the baseball to a younger boy who was disappointed that he didn't win. This clip can be used to start a larger discussion about giving up what you want to make someone else feel better.

<https://www.youtube.com/watch?v=rSQf9ZbSDHE>

In this moving clip, a college softball player hits her first ever homerun in the conference championship. However, she tears her ACL at first base and cannot finish running the bases. According to the rules, no one on her team is allowed to help her walk; if they do, they will have to forfeit the homerun. A member of the opposing team asks the umpire if the opposing team can carry the girl around the bases, and he agrees. The entire other team lifts up the girl with the torn ACL and carries her to home plate. This clip can be used to start a discussion about sacrificing a game to make someone happy, and how it only takes one person to make a difference.

https://www.youtube.com/watch?v=wFw_EYewxIA

In this clip, a young employee at Dairy Queen performs a random act of kindness. A partially blind man dropped a \$20 bill on the floor, and a woman picked it up and pocketed it. When the employee confronted the woman, she denied it. Feeling badly, the employee gave the blind man \$20 out of his own wallet, not knowing his act would go viral after being captured by an onlooker.

<https://www.youtube.com/watch?v=ITYjvOFGA1w>

In this clip, a man at a Chic Fil A drive-thru paid a shocking \$1,000 so he could pay for everyone else's meals for an hour. His act of generosity served 88 people. This random act of kindness highlights the generosity of strangers, and how everyone can make a difference, even if they don't have \$1,000.

<https://www.youtube.com/watch?v=rgDm5Fj5Yeg>

In this clip, an employee pays for a young child's ice cream after he came up to the counter and didn't have enough money to order an ice cream. The mother later writes a kind note to the employee and gives him a \$100 tip for his kindness. This clip shows the importance of doing acts of kindness even if you are not expecting a reward.

<https://www.youtube.com/watch?v=j3yyF31jbKo>

This clip shows Taylor Swift traveling to her most loyal fans' homes and surprising them with Christmas presents. This shows a prominent celebrity showing kindness and compassion for her fans, despite her fame.

Closing Comment

Read and discuss the meaning of the quote below.

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

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