

Creating TeRRiFiC Youth

Caring

Caring Guidelines to Live By:

- Be kind to other people with your words and actions.
- Live by the Golden Rule. Treat others like you want to be treated.
- Help others.
- Think how your decisions will affect others.
- Give to others without thinking about what you will get in return.
- Show that you care through kindness, caring, generosity and compassion.



Caring Notes

Giving compliments is an easy way for people to show that they care. Make home-made cards for family and friends. Decorate the outside. Then, on the inside write: I love you because.....

Below are few suggestions to start you thinking.

- ☺ You always share.
- ☺ You are a great friend.
- ☺ You read my favorite books.
- ☺ You play with me.

Quote

"The only way to have a friend is to be a friend." –
Ralph Waldo Emerson

Which of these Examples Shows Caring?

Yes No Bobby is a new student. You share your crayons because he didn't bring any to school yet.

Yes No Your sister was running down the hill outside and fell and skinned her knee. You walked away.

Yes No Your friend is upset and crying. You stop and give her a hug.

Yes No Kathryn's group was looking for volunteers to plant flowers at the local nursing home as a service project. Kathryn volunteers.

Yes No The trash is overflowing. You decide to take out the trash.



Caring Activity

Love Eggs-periment

This is a little experiment to help children understand how their words and deeds affect others. When talking with others we should use kind and positive words. For the experiment you will need: clear drinking glass filled with 1 cup of water, 1 fresh egg, ¼ cup salt, tablespoon and a permanent marker.

Using the permanent marker, draw a face on one side of the egg. Place the egg in the glass of water and watch it sink to the bottom. The sinking to the bottom represents how someone who is made fun of would feel – low, sad, depressed and unappreciated.

Remove the egg and set it aside. One tablespoon at a time, add the salt to the water and stir to dissolve it. As you stir in the salt, discuss different ways to make someone feel loved and accepted.

Below are some ideas.

- ☉ Bring cookies to a new family in the neighborhood.
- ☉ Offer to eat with the new student at lunch.
- ☉ Share a special toy with a friend.
- ☉ Help someone who has fallen off of her bike.

After you have added all of the salt, replace the egg and show how it is now supported with “love” and “held up” by encouragement.

Books to Read



- "Beauty and the Beast."
- "Chicken Soup for Little Souls: The Best Night Out With Dad."
- "Chicken Sunday." By Patricia Polacco.
- "Corduroy." By D. Freeman.



Extension - 4-H Youth
Development



For Other TeRRiFiC Youth Fact Sheets / Activities, contact:
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