

# Caring

## Syllables

car·ing

## Pronunciation

kair-ing

## Definition

1. To feel concern or interest.
  2. To have a sense of responsibility.
  3. To provide assistance (as to care for someone who is ill).
- (*Michael was a caring child who brought flowers to his grandparents.*)

**Simply put:** How we treat each other.

## Related Terms

Concern: To be of importance or interest.

## Fundamental Question:

**What are some of the ways we can show that we care for others?**

**Students will investigate the idea that** two ways in which people can demonstrate caring are through words and deeds (actions).

## Objectives

Each student will:

1. Generate a list of “caring words” and “caring actions”;
2. Discuss the idea that sometimes the kindest use of words and actions is not to express them (e.g., rumors, negative hand gestures);
3. Identify a way to show caring through words or deeds to someone in his or her family, neighborhood, or school and will try it out.

## Before you begin

- At the top of the board write “Caring Words” and “Caring Deeds”;
- Write on a sentence strip *and* on a scrap of paper (but do not show either copy to the students) Soong Mei-Ling’s (Madame Chiang Kai-Shek’s) words “We write our own destiny. We become what we do”; and
- Print out one copy of *Who Cares? I Do!* for each student.

## Suggested Sidebars:

### Speaking of Caring (Discussion Idea)

What did Soong Mei-Ling mean when she said “We become what we do.”

### Taking It to the Next Level

Identify a caring individual in your community. Write a letter of appreciation to that person. (Please get permission from your parents or teacher before sending it.)

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## Procedure

1. Say: “One of the easiest ways to show others we care about them is by using words. Let’s think of many, varied, and even unusual words that we can use to show people we care.” Record the responses under the heading *Caring Words* on the board. Then say: “Sometimes, the best way to show caring is *not* to say something. Can you think of some examples? (e.g., don’t say something that will embarrass someone, don’t say something that will hurt someone’s feelings, etc.)” Record the responses.
2. Play “Telephone.” Have the students sit in a large circle on the floor. Read the sentence from your small piece of paper to the first child by whispering it into his or her ear. Instruct that child to whisper it to the next child, and so on around the room, keeping the whispers low. Instruct the last person to stand up and say the sentence out loud. Then, show the words on the sentence strip. Say: “This is what I read to \_\_\_\_\_ (name of the first child). By the time it got to \_\_\_\_\_ (name of the last child), it sounded like this (repeat what the last child said). Are what I said and what the last child heard exactly the same? What do you think happened? How is the game of telephone like spreading gossip or rumors? If it is not already there add: “Should we add ‘don’t spread rumors’ to our list on the board?”
3. Ask: “How about actions? Do they really speak louder than words? (If necessary, add “What does that mean, anyway?”) Let’s think of many, varied, and unusual actions that would show people we care about them.” Record the responses under the heading *Caring Deeds*. Say: “Once again, sometimes, the best way to show caring is *not* to do something. Can you share some examples? (e.g., don’t make obscene gestures, don’t be an enabler, etc.)” Record the responses.
4. **Follow-up:** Distribute the *Who Cares? I Do!* activity sheets. After the students have completed the page, encourage them to think of real-life situations in which they can practice acts of caring. Have them write the acts on the back of their sheets and to circle one that they will do this week. (You may wish for them to record their “caring experience” in their daily journals.)

Name \_\_\_\_\_

**Reminder:** Caring means to feel concern or interest; to have a sense of responsibility; or to provide assistance (as to care for someone who is ill).

## Who Cares? / Do!

What could you say and do in the these situations to let someone know that you care?

**Your sister's team won the championship**

Say: \_\_\_\_\_

Do: \_\_\_\_\_

**Your friend's family adopted a new puppy**

Say: \_\_\_\_\_

Do: \_\_\_\_\_

**Your brother got a bad grade**

Say: \_\_\_\_\_

Do: \_\_\_\_\_

**Your teacher got engaged to be married**

Say: \_\_\_\_\_

Do: \_\_\_\_\_

**Your elderly neighbor broke her arm**

Say: \_\_\_\_\_

Do: \_\_\_\_\_

Today's Thought: *The time is always ripe for doing right.* — **Martin Luther King, Jr., minister, political activist, and civil-rights leader**