

Caring (Gratitude)

(February Parent Edition)

Definition of Caring:

A caring person shows a deep concern for others and is charitable. A caring person is compassionate, kind, loving and considerate. Caring for the needs and feelings of others by giving of our time, energy, and money is a critical ingredient in becoming a person of character. (Additional info for the parents: Empathy, compassion, gratitude and generosity are all the marks of a caring person.)

Quotes:

“Please and Thank You are the magic words.” -Barney the Purple Dinosaur

“Kindness gives birth to kindness.” –Sophocles

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

“It is nice to be important, but it is more important to be nice.”

-John Marks Templeton

“Do all the good you can, by all the means you can,
in all the ways you can, in all the places you can, as long as ever you can.”

-John Wesley

Discussion Starters:

- Role play (Your class gets a new student. How can you make him/her feel welcome? Think of people in your school who have helped you. Role play how can you express your appreciation to them. When you are out at recess, pay attention to the things that are happening there. When you come back in, talk about ways that caring was (wasn't) demonstrated. In partners, list charities (ways that our school helps others) and talk about how you can be involved in giving.)
- Discuss this statement: A caring person does good deeds without thought of reward.
- What kind things can you do for your family members? Your neighbors? Your friends?
- Create a family motto that would reflect a kind and caring family and home.
- Call someone important to you (grandparent, aunt/uncle, friend) and ask how his/her day went.
- Thank someone who has taught you something or done something kind for you.
- Share with your child a time someone has done something kind (generous, loving) for you and highlight the impact that kindness (generosity, love) had on you.

Resources:

- The book *Good Ideas to Help Young People Develop Good Character* is available in every school.
- www.charactercounts.org and www.k12.hi.us/~mkunimit/page13.htm (character values)
- Mufaro's Beautiful Daughters* by John Steptoe (Lothrop, Lee & Shepard, 1987)
- Chicken Soup for the Little Souls: The Best Night Out With Dad* adapted by Lisa McCourt (Health Communications, 1997)
- Chicken Sunday* by Patricia Polacco (Scholastic, 1992)

