

## Home Link

Your child is learning about character development through daily academic lessons. This corresponding Home Link provides suggested activities and topics for conversation for use at home. Adapt these activities to fit the needs of your children and family. Enjoy sharing this time with your child.

## Caring

**Activity 1** Talk to your child about what **CARING** means. Emphasize that a caring person shows kindness and compassion towards others. Talk about different ways people let others know they care about them. Explain that everyday acts such as listening attentively, holding a door open for someone, smiling, and speaking kind words are simple ways to show a caring heart. Discuss with your child people who might benefit from some special attention. For example, there may be a neighbor that could use some help or a new student at school who needs a friend. Help your child recognize the good feelings that come when he or she shows compassion.

**Activity 2** Explain to your child that people can care about and help others even if they don't know them. Together with your child, identify charitable organizations in your community. Discuss the goals of these organizations and explain how they help people. Consider visiting a food bank or thrift store with your child. If possible, demonstrate a caring act by giving a donation.

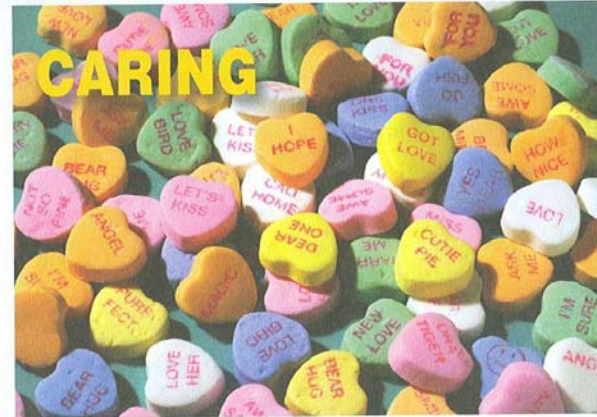
Speak kind words; it's a great start.  
Support and help others with a caring heart.



### CARING

Caring means being supportive and responsive to the needs of others with kindness and compassion.

Speak  
Kind  
Words



Character  
**LINKS**

**Activity 3** Do a little exercise with your child like jumping jacks or dancing together to get your hearts pumping faster. Talk about how exercising helps strengthen heart muscles. Ask your child what the following quote means: "Helping others makes our hearts strong." Explain that helping others is a way to show we care. Help your child decide on three things he or she can do to help someone this week. It can be a family member, neighbor, friend at school, or anyone in need. Explain that performing the service will help "exercise" and strengthen his or her "caring muscles".

**Activity 4** Together with your child, think about all the people who care about him or her. Ask how a person can tell when someone is caring. Share a story with your child about someone who cared for you and treated you with kindness when you were a child. Together, identify people that treat your child with kindness and caring. Discuss how you can let them know how much they are appreciated.

**Activity 5** Explain to your child that people care about many different things. They care about other people, animals, education, the environment, possessions, etc. Talk about how to show caring in each of these areas. Pick one area (or another of your child's choice) and develop a "Caring Campaign" for your family and friends. Some ideas could include: picking up trash around the neighborhood, planting flowers, visiting a nursing home, doing well in school, volunteering at an animal shelter, etc. Involve others in your campaign and carry it through.

Signature: \_\_\_\_\_

*Caring communities will create  
a caring nation.*

### Important Notes

The ability to  
care is the thing  
that gives life its  
greatest meaning.

**Dare  
To  
Care**

Take time to greet people. It may help someone feel accepted and worthwhile.

Give sincere compliments. It may be uplifting to someone.

Seek some wisdom from an elderly person. It could give meaning to a lonely day.

Visit or call a friend and let him or her know you care. It could help someone feel important and valued.

Let another go first. It will show consideration.

Forgive mistakes. It will show how much you really care.

