



UNIVERSITY

LESSON PLANS

ELEMENTARY SCHOOLS – PRIMARY AND SECONDARY

HOW TO BE CARING

Treat people with kindness and generosity.

Help people in need.

Be sensitive to people's feelings.

Never be mean or hurtful.

Think about how your actions will affect others.

Always remember - **we become caring people by doing caring things!**

STUDENT ACTIVITIES:

1. What does it mean to be a caring person? Have your class brainstorm a list of do's and don'ts for being caring. Ask for specific examples of each behavior they identify. Compare their list with the one at the top of this page. Hang the list up on the wall as a reminder.
2. Take some of the behavioral examples from activity #1, above, and turn them into role-play situations. The kids can act them out themselves or use puppets. First have them role-play the uncaring behavior, and then the caring behavior. Have the group analyze each of the role-plays.
3. Bring in (or have the children bring in) articles from newspapers and magazines describing situations that show caring and uncaring actions on the part of individuals, groups, or governments. Discuss these situations. In what ways do they demonstrate either caring or uncaring? Perhaps write a group letter to the people involved.
4. Ask your students to list different things that kids at your school do which are either caring or uncaring. Discuss how they feel about these things. Brainstorm ways to make your school environment more caring. Create a list of recommendations. Design a poster that lists these ideas.
5. Group discussion: Imagine that someone gives you \$20,000 but you have to spend it all to help other people. What would you do with it, and why? What effect would it have on the people you would be helping?



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WRITING ASSIGNMENTS:

1. Read a story or watch a movie or TV show, and write about how the characters treated each other. In what ways were they caring or uncaring? What affect did their behavior have on each other? Give some specific examples.
2. Describe the most caring thing anyone has ever done for you. How did it make you feel? What effect did that have on you?
3. You have the power to make other people feel good through a simple act of kindness. Think of something you can say or do for another person that would make that person happy. Perhaps it's a simple compliment. Perhaps it's offering to do something helpful for that person. Do it, and then write about how you think it affected the other person. How did it make you feel? Was it worth doing? What would happen if you made a point of doing something like this every day?
 - a. A list of everyday BNICE tasks can be found on bnicetoday.com or as a handout from BNICE.
4. If you ever had an experience doing community service, write about what you did and what you got out of doing it.
5. Imagine that someone gives you a lot of money on the condition that you have to spend it all to help other people. What would you do with it, and why? What effect would it have on the people you would be helping?
6. Publish a class book on how to be a caring person. Draw pictures of caring behaviors and write descriptions of them.



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Dear Parent,

Your child is involved in our character education program entitled B.N.U. (BNICE University). Our current focus is CARING which teaches children the benefits of being kind and generous, and doing good things for other people.

Here are some things you can do to reinforce the message of this value.

- Talk with your children about the importance of doing things for other people. Remind them often that they have the power to brighten another person's day through a simple act of kindness.
- Participate in a community service project with your children.
- Try to find things that you can do together to make a difference in someone else's life.
- Catch your child being caring, that is doing something kind and generous for another person.
- Watch a television program together, and talk about the various ways in which the characters acted uncaring or caring towards one another.
- Remember that you are a powerful role model for your child. If you are kind and helpful to other people, that is what your child will learn from you.

"I think... if it is true that there are as many minds as there are heads, then there are as many kinds of love as there are hearts."

- Leo Tolstoy

"The only time when you should look down on someone is when you're reaching your hand out to pull them up."

- Jesse Jackson

"It's nice to be important, but it's more important to be nice."

- John Cassis

