

Character & Virtue

Activity Sheet



CARING

The definition of caring means to show concern or kindness.

How do we show caring in our daily lives? It doesn't take much to show some care and concern for others or our surroundings.

We can even care for our things. I've listed a few things below that you can encourage your family to get involved in or do on your own. When we care for others we show love.

ACTIVITIES & EXERCISES FOR CARING

Visit your neighbors.

Make a meal for someone who is sick or lonely.

Visit a local park and pick up trash.

Visit someone in the nursing home who doesn't get visitors.

Volunteer for a non-profit organization or your favorite charity.

Listen to someone who needs to talk.

Pray for others.

It's not too hard. Start small. But ACT. You have to do something for 21 days for it to become a habit. It will make a difference in your life and the life of those you care about.

LIST 10 THINGS THAT YOU CARE ABOUT:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT ARE SOME DAILY ACTIVITIES YOU COULD DO TO SHOW THAT YOU CARE?

***SCHEDULE THEM IN YOUR CALENDAR/PLANNER

GOOD BOOKS TO READ:

- The Rhythm of Life by Matthew Kelly
- The Power of Positive Thinking by Norman Vincent Peale

