

# CARING

5TH -12TH GRADES

1. What do you do to care for other people? Give an example of a way you've shown your support when someone else is feeling sad.

2. Empathy is relating to the emotions of others, by putting yourself "in the other person's shoes." Share an example of a time when you were able to put yourself in someone else's shoes. Describe what you did.

3. What do you do to care for world around you, such as animals or the environment?

4. In the future, what else could you do to care for people and the world around you?

5. Describe a time when you reached out to someone who seemed "left out" in a group setting.

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6. Give an example of discrimination that you have seen. (e.g., against age, race, gender, disability, sexual orientation, differences in dress, culture or language.) What did you do? Would you do anything differently next time?

7. Describe a caring person in your life whom you admire.

A caring person honors and protects all living things and the world's resources. Caring is showing sympathy and empathy towards others—including those who are different. When you are caring, you stand up for fairness and freedom from discrimination.

8. Overall, I have optimal level of caring.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Further Reflections