

# Caring Day 1 • Introduction

RAK Definition: Caring is feeling and showing concern for others.

This lesson introduces the concept of Caring and gives students an opportunity to make a new connection with something they have likely heard about all of their lives.

## Weekly Objectives

Students will:

- Create a personalized definition of caring both on an individual and interpersonal level.
- Examine their community through a lens of caring.

## Resources / Materials

- ARTICLE:** [Teens are More Caring When They Feel Support from Others](#)
- ARTICLE:** [The Caring Effect](#)

## Reflect / Assess

**Deliverables:**

- Daily Participation points
- Caring Journal Entry:** List the top 5 ways other people can care for you and the top 5 ways you can care for others.

## Share

Find and show students images of animals caring for one another, humans helping and caring for one another, or humans and animals helping and caring for each other. Then have a discussion on what they felt when they saw the photos:

- What did you see in those pictures?
- How did you feel when you saw the pictures?
- Review the RAK definition of Caring.
- Name a time that someone specifically helped or cared for you in your time of need. How did you feel?



## Inspire

**Read:** Read the article [Teens are More Caring When They Feel Support from Others](#) (3 min read)



**Discuss:**

- Do you feel more cared for or less cared for now than when you were in elementary or middle school? Explain.
- What makes you feel cared for then versus now?
- Do you agree that when you are or feel cared for, you are more likely to care for others? Why or why not?

Humans are naturally self-centered. We often think of ourselves first before we think of others. And while we must take self-care seriously, we do not want to forget that we need to care for others as well. To do this, we need to *notice* others. We need to listen, observe, and pay attention.

**Do:** Pair everyone up and have them stand in parallel lines across from their partner. Set a timer for 30 seconds and have each student mentally notice three things about their partner that would make that person unique and special, or that would make them feel seen and cared for.

## Empower

According to the article, [The Caring Effect](#), our brains are wired to prioritize celebration (the sense of being appreciated, seen, and cared for) above the need to feel safe. It feels good when someone cares about us and it feels good when we care about others.



**Continued...**

**Do:** Identify one person you could care for today (this can include celebrating or appreciating them). Brainstorm one thing you will do *today* to celebrate, appreciate, or care for that person. This act can be simple but should be intentional. **You will report back tomorrow on what you did, how it was received, how you felt, and how the other person felt.**