

What Does Care Mean?

More Practice With “I” Messages, Bugs and Builders/Breakers



3 Cs

- ☞ I care about myself.
- ☞ I care about others.
- ☞ I care about my community.

Help students to understand and invite them to state clearly:

I have a right to be in an environment where I feel safe.

I have a responsibility to treat others with kindness.

Violence is intent, by words, looks, signs, or acts, to hurt someone else’s body, feelings, or possessions.

Teacher Notes

Preparation

Materials

Crayons and pencils

Poster: “3C’s of Utah’s Safe and Drug-Free Schools and Communities” (see page 120)

Music

“Take Care of Your Body” from the CD *Something Good* (page 144)

“Don’t Laugh at Me” from the included CD or download from the internet (see page 129)

“I’ll Be Nice” from the CD *Something Good* (see page 134)

“Scoot, Scat, Groove” from the CD *Take a Stand* (see page 140)

Vocabulary

environmen	violence
graffiti	possessions

Lesson at a Glance

Teachers note

This lesson is very closely related to lessons 1, 2 and 3. Please teach those lessons before teaching this lesson.

Introduction

- 1 Discuss the meanings of “care” and “violent”.

Strategies

2. Showing care for self and others.
3. “Stand Up–Sit Down.”
4. Present the poster “The Three Cs.”

Conclusion

5. Draw pictures showing care.

Core Curriculum Objectives and Standards

Objectives

Explain that caring means to treat people with kindness and treat things appropriately.

Standards

7010-0502 Determine ways to respect other cultures.

Introduction

1. Discuss the meanings of “caring” and “violent”.

Care means –

- feeling concern or interest; being polite.
I care about what happens to you at school.
- to pay attention because of honor or admiration.
My grandparents enjoy the care and love of our entire family.

Violence means –

- to act with an intent, by words, looks, signs, or acts, to hurt someone else’s body, feelings, or possessions
These recent acts of violence have made the students afraid.

Strategies

2. Showing care for self and others

Discussion

Discuss ways of caring about yourself.

Using the following examples or others that relate to the class, discuss how students can show caring about themselves. Note the answers of the students and use the answers in the “Stand-Up – Sit Down” game.

- Eating healthy food.
- Doing physical activity.
- Sleeping.
- Bathing
- Having a clean living space.
- Wearing clean clothing.
- Not using tobacco.
- Not using alcohol.

Discussion

Discuss ways of caring about others.

Using the following examples or others that relate to the class, discuss how students can show caring toward others. Note the answers of the students and use the answers in the “Stand-Up – Sit Down” game.

- Laughing at someone’s new glasses.
- Telling your best friend thank you for picking up the game.
- Sticking out your tongue.
- Holding the door open for someone whose arms are full of posters.
- Messing up a display of books at a toy store.
- Riding the store’s model bicycle around the store while your mom shops
- Watching your mom plant flowers and then telling your friends to be careful and not step on them.
- Being quiet after someone has asked you to quit talking at a movie.
- Talking when your teacher is reading a story to the class.

Discussion

Discuss ways of caring for the environment.

Using the following examples or others that relate to the class, discuss how students can show caring to others. Note the answers of the students and use the answers in the “Stand-Up – Sit Down” game.

- littering.
- drawing graffiti on buildings and fences.
- destroying other people’s property, sometimes called “vandalism.”



Play

3. “Stand Up–Sit Down.”

Use examples of behaviors that were generated in the previous discussion about caring for self and others.

If the behavior shows caring, stand up.

If the behavior does not show caring, sit down.

Tie in the 3 Cs

I care about me.

I care about others.

I care about my community.

I care about myself

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I show I care about myself when I make choices to live healthy and not use alcohol, tobacco or other drugs.

I care for others

- I have a right to live in a healthy and peaceful place.
- I have a responsibility to contribute to the health and peace of the place I am in.

I care for the community

- I have a right to be in an environment where I feel safe.
- I have a responsibility to treat others with kindness.
- Violence is intent, by words, looks, signs, or acts, to hurt someone else’s body, feelings, or possessions.

Conclusion**4. Draw pictures showing caring.**

Draw a picture of caring about yourself, others, the community or the environment.

Review the pictures.

Place them in one of three areas of a bulletin board labeled with the 3 Cs.

Sing

Sing a song about caring about self (“Take Care of Your Body”), others (“Don’t Laugh at Me”) or the community (“I’ll Be Nice”). Please see a list of these and other appropriate songs on the title page of this lesson.



CARE

CARE ABOUT MYSELF

I have a right to care about myself.

I have a responsibility to make smart choices when I care about myself.



CARE ABOUT OTHERS

I have a right to be in an environment where I feel safe.

I have the responsibility to help ensure others are treated with kindness.



CARE ABOUT COMMUNITY

I have a right to live in a healthy and safe community.

I have a responsibility to contribute to the health and safety of my community.

