

# Caring

## *Looks like...*

Helping others because you want to,  
not because you have to

Putting others' needs before your own

Showing kindness without expecting  
rewards

Empathizing with others—trying to  
understand by putting yourself “in  
their shoes”

## *Sounds like...*

Kind words

“I’m here for you.”

“Let me help you.”

“I understand.”

## *Acts like...*

Sharing

Listening to others when they are sad

Helping others less fortunate than  
yourself

Showing and telling someone you  
care

## *Feels like...*

Kindness

Understanding

Patience

Comfort

Love