Character through the ARTS
Ten years ago I was a final year medical student revising frantically from a textbook that medics call the "cheese and onion". As I got off the train someone came up to me and asked, "When are they?" "Next week," I replied. "Good luck," he offered, with an encouraging smile. It was such an amazing feeling to be reached out to like that. Ten years on, I keep my eye out for someone reading a cheese and onion to have my chance to wish them luck.

I was sitting opposite a little girl wearing glitter face paint after a party. She wanted to take the itchy sparkles off, but her mum didn’t have a tissue. A very dusty builder standing nearby pulled a packet of facewipes out of his bag and offered them. They laughed and thanked him.
What was the act of caring you observed?
Remember to list the important facts of WHO was involved (without using names) and WHAT happened and WHERE it happened and HOW it made you feel.

Name/Code: ____________________________

What happened: ________________________
Who was involved: _____________________
Where did it happen: __________________
How did it make you feel? _____________

P.S. Always be nice to others even if your in a bad mood.
When I was sad my friend hugged me and we played.

ACT of Caring

One day my friend and I played on the slides at school. It made me happy.

ACT of Caring

One time I brought my lunch box to the computer lab and someone came up to me and said, "I'll take that back." It made me happy.

ACT of Caring

I know someone that is very kind. She always smiles and helps others. She makes me happy.

ACT of Caring

On the playground, I saw a kid that was playing kickball and he was running to first base and he tripped and fell. Then another kid from the other team helped him up. Luckily, no one got hurt.

ACT of Caring
**ACT of Caring**

I saw a girl teach another girl how to do something that she was scared to try. It happened on the playground. Also, she encouraged her a lot. It made me feel encouraged.

**ACT of Caring**

I fell off a piece of playground equipment and my best friend helped me up.

**ACT of Caring**

One time in the cafeteria I saw a girl drop her tray and I saw another girl help her pick it up.

**ACT of Caring**

Every day the soft teacher shares the morning announcements with us. It makes me happy I know what to do that day.
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SYMBOLS of Caring  Name/Code: Zach Brauer

Act of Caring: Copy the Act of Caring you selected on the lines below.

Once a girl knocked over my water bottle on my desk. Some water came out. Then she walked over to the sink and got a paper towel and wiped it up. It made me feel very, very happy.

Picture of Caring: Draw a picture illustrating of the Act of Caring you selected. NO stick figures!

Symbols of Caring:
Create three different symbols of the Act of Caring by selecting and changing shapes from your drawing. Keep your symbols simple and neat and BIG-- make sure you use the entire space provided. When you have finished drawing your symbols, shade in all of the NEGATIVE space around your shapes. Put a star next to your favorite symbol and be prepared to explain why!