

Caring for Others

We can show people we care in lots of different ways. Record all the times you show somebody you care over the next week by filling in the table below.

Day	What I Did	Who I Did It For	How I Made the Other Person Feel	How It Made Me Feel

What have you noticed?

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).