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pubs/family/
az1367e.pdf](http://cals.arizona.edu/pubs/family/az1367e.pdf)

This information
has been reviewed by
university faculty.

Caring

A true team demonstrates the ability to care about the team goal's and each other rather than focusing on the goals of one individual. Teamwork makes youth look beyond themselves. Caring makes youth look past themselves and to the needs of others.

Game: Blindfold Walk

Group size: 10-50

Time: 6 minutes; 1 minute to review rules and give out supplies, 3 minutes to play, 2 minutes to debrief participants and to put away supplies.

Supplies: blindfolds

Setting: Gym or field; Keeping the boundary small assures more action.

Goal: Build caring and teamwork.

Teach

- Establish pairs of two.
- One person is blindfolded and the other is the guide.
- Guides walk the blindfolded people toward the finish line. They show their caring for the blindfolded person by avoiding obstacles and helping them get to the finish line.
- Objective: Caring is shown through not letting the blindfolded person bump into something or fall.
- Debrief participants:
 - Did pair play as a team?
 - Did athletes take care of the person they were guiding?

Enforce

- During team play, encourage players to show caring by helping each other with equipment and telling their teammates when they notice them doing something well.
- During team play, encourage players to ask one another if they are "o.k." when they fall or get hit.
- Never permit athletes to intentionally injure another athlete.

Advocate

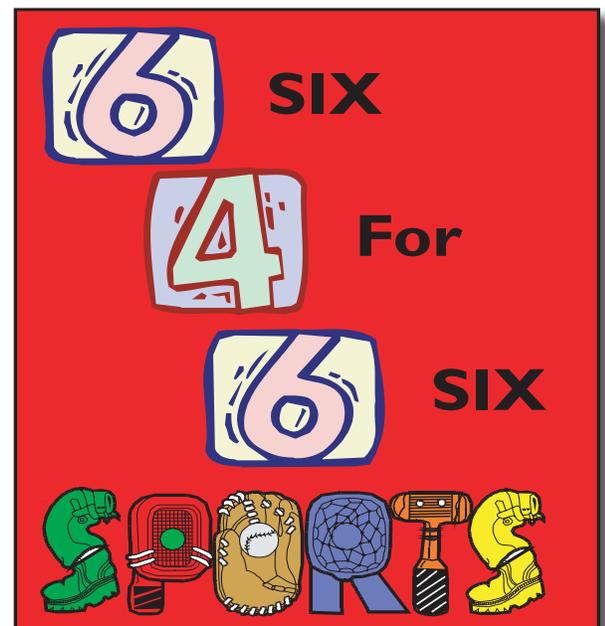
- Help athletes to forgive their teammates when errors occur.
- Talk about how being a caring teammate is more important than winning a game.
- Communicate with parents that you care about their child.

Model

- Demonstrate interest in players' lives outside of the sport.
- Never accept the behavior of a player who is physically or verbally hurtful/abusive to another player (teammate or not)

Activities to Build Caring

- **Blindfold Run.** Blindfold one person. Have the rest of players stand in a U-shape, with the blindfolded person standing at the open end. The goal is for the blindfolded person to get to the person at the bottom of the U as quickly as possible. Players need to verbally guide the blindfolded person so he/she doesn't fall and makes it to the target person.



- Egg Drop^b. Form teams of 2 to 4. Each team gets an egg, packing peanuts, plastic bags, straws and masking tape. The goal is to make a package/container for the egg. The container should protect the egg from breaking as it lands from a ten foot drop.
- Debrief participants:
 - How does a caring team differ from an uncaring one?
 - Why is caring so important?

The 6 Pillars Of Character^a

TRUSTWORTHINESS: Be honest. Don't deceive, cheat or steal. Be reliable—do what you say you'll do. Have the courage to do the right thing. Build a good reputation. Be loyal—stand by your family, friends, team, and country.

RESPECT: Treat others with respect; follow the Golden Rule. Be tolerant of differences. Use good manners and sportsmanship, not bad language or “trash talk.” Be considerate of the feelings of others. Don't threaten, hit or hurt anyone. Deal peacefully with anger, insults and disagreements.

RESPONSIBILITY: Do what you are supposed to do. Persevere: keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act. Consider the consequences. Be countable for your choices.

FAIRNESS: Play by the rules. Take turns and share. Be open-minded; listen to others. Don't take advantage of others. Don't blame others carelessly

CARING: Be kind. Be compassionate and show you care. Express gratitude; thank coaches and officials. Forgive others. Help people in need.

CITIZENSHIP: Do your share to make your school and community better. Cooperate. Stay informed; vote. Be a good teammate. Obey laws and rules. Respect authority

Thoughts for the Day

“Life's most persistent and urgent question is, What are you doing for others?” Martin Luther King, Jr.

“You are what you do.” Unknown

“A good coach will make his players see what they can be rather than what they are.” Ara Parashegian

“Ask yourself is it right or wrong and act accordingly.” Otto Graham, Jr.

“Doing your best is more important than being the best.” Shannon Miller

“The answers to these questions will determine your success or failure.

1) Can people trust me to do what's right?

2) Am I committed to doing my best?

3) Do I care about other people and show it?

If the answers to these questions are yes, there is no way you can fail.” Lou Holtz

a. Nish, S.(ed.) (2001). Good Ideas to Help Young People Develop Good Character (3rd ed). Ca: Joseph and Edna Josephson Institute of Ethics.

b. Fark, J.V. Together Everyone Achieves More: Challenge Adventure Initiatives. Ohio: Marion County Extension Agent.

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