

Resource 2

Look at the resource below, which lists some of the ways we can show somebody we care about them.

Some of the ways you can show someone you care.

- Make time for them
- Tell them how you feel
- Show them you appreciate them by thanking them and complimenting them
- Encourage them
- Celebrate with them – their achievements or their special occasions
- Ask them if they need help or if they are okay
- Surprise them
- Understand them
- Listen
- Give them a hug



It is tricky at the moment because we cannot see all of our friends and family but we can still show them we care.

- Write to them – a letter, email, text message
- Phone or video call them
- Send them a photograph
- Ask if they need anything and offer to help
- Send a virtual hug

How do you show others that you care about them?



Enjoying a hug

Is it possible to care about people you do not know?

I really care about other people and making sure they have somewhere safe to stay and a hot meal. I volunteer at a homeless shelter and I also collect food donations and make up packages to take to those who really need it.

Helen