

Introducing C.A.R.E.S. Competencies to Students

Grade Range: K–8 (with modifications by grade)

Time: 20 minutes

Materials:

- Chart paper or whiteboard
- Markers
- C.A.R.E.S. posters (one for each competency)
- Space for group gathering (circle area or rug)

Activity Objectives:

- Introduce the five C.A.R.E.S. competencies in student-friendly language.
- Build classroom community by connecting C.A.R.E.S. to students' goals and hopes.
- Begin to establish a shared language for behavior and learning success.

Activity Breakdown:

Warm Welcome and Purpose (3 minutes)

Teacher Says:

- "Welcome to our classroom! This year, we're going to learn, grow, and take care of each other. There are five really important life skills that will help us do our best every day. We call them C.A.R.E.S."
- *Display the C.A.R.E.S. posters.*

C.A.R.E.S Introduction (8 minutes)

- Introduce each competency with quick, student-friendly definitions and relatable examples.
 - **Cooperation:** Working together and helping each other. We show cooperation when we help a friend clean up or take turns in a game.
 - **Assertiveness:** Speaking up in a respectful way. We use assertiveness when we ask a question or share our ideas.
 - **Responsibility:** Taking care of our work, our things, and each other. We are responsible when we return our books or clean up our space.
 - **Empathy:** Understanding how someone else feels and showing you care. We use empathy when we notice a classmate is sad and offer to play with them.
 - **Self-Control:** Thinking before acting and making good choices. We show self-control when we raise our hand instead of shouting out.

Turn and Talk (3 minutes)

Prompt:

- “Which C.A.R.E.S. competency do you think will help you the most this year—and why?”
- Students turn and talk to a partner. Encourage students to give an example if they can.

Class Reflection (4 minutes)

- Invite two or three students to share what they talked about. Then say: “Each one of you brings something special to our classroom. If we use our C.A.R.E.S. skills, we’ll have our best year ever! We will continue thinking more deeply about how the C.A.R.E.S. competencies will impact our time together this year in a few days.”