



V.C.C.E – CARING FOR OTHERS AND MYSELF

**1. What is the meaning of caring? Select an answer**

- a) Caring means treating others unkind.
- b) Caring means being cruel to someone.
- c) Caring means showing kindness and concern for yourself and others.

**2. How can we care for others? Select three correct answers.**

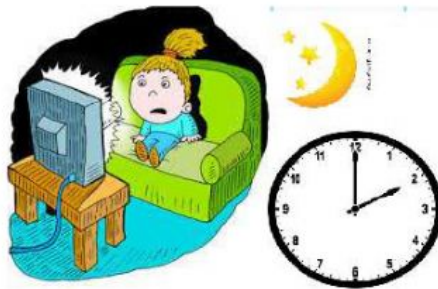
- a) Ignore people's feelings and talk about yourself.
- b) Ask someone how they are doing and listen to their answers.
- c) Be there for others when they are in pain or hurt
- d) Look away when people are speaking to you about their problems.
- e) Hug your friends and family and tell them you love them.
- f) Never apologize to others when you hurt their feelings.

**3. Select one thing you should do to take care of your hair.**





4. Select the pictures below that shows proper caring for yourself.



5. Select one thing you should do to take care of your teeth.

