

# C.A.R.E.



An Integrated Social Studies and Health Curriculum



SELF



OTHERS



COMMUNITY



WORLD

INTRODUCTION

COMPASSION

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RESPONSIBILITY

EDUICATION



**SELF** - PERSONAL DEVELOPMENT

**OTHERS** - SOCIAL DEVELOPMENT

**COMMUNITY** - CIVIC RESPONSIBILITY

**WORLD** - SOCIAL ACTION

# C.A.R.E.

An Integrated Social Studies and Health Curriculum



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Providing free or low-cost quality educational materials  
for the benefit of children

# The C.A.R.E. Curriculum (The CARE Curriculum or C.A.R.E.)

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# Welcome to the CARE Curriculum!

Thank you for joining our efforts to make a big difference in the lives of children through the C.A.R.E. Curriculum (CARE). **The CARE Curriculum is an integrated social studies and health program** that takes elementary students on an engaging journey of self-discovery and learning. **Created by teachers for teachers**, CARE is designed to be both meaningful and motivating to students as they gain a greater understanding of themselves and the world around them.

The CARE Curriculum is **uniquely designed to teach the subjects of social studies and health in the context of personal and social development**. Students learn through creative and hands-on activities that make learning fun and relevant to their lives.

While the CARE Curriculum is a social studies and health program, it is **designed to address the need for more reading and writing activities in the classroom** and may be included in the language arts block of learning time.

The CARE Curriculum is designed to **meet educational standards mandated by state** and consists of four units with bonus lessons. Each unit contains a minimum of four weeks of instruction, one week of review and assessment, and one week of community learning and service projects. Additional bonus lessons are included to meet all of the mandated state standards for Health Education.

We know teachers are busy and need educational materials that are both effective learning tools and time efficient. The CARE Curriculum is designed to minimize the time needed for lesson planning. **CARE is user-friendly for teachers and all required materials are included** with the exception of common supplies teachers have on hand in the classroom.

Heartstrings Publishing is a low-profit company that is dedicated to providing quality learning materials that will educate, inspire, and awaken children to their true potential. Our goal is to help every child in America access the **CARE Program** that **gives educators the opportunity and tools they need to create a more caring, tolerant, and safe place for children to learn**.





## Why Do Children Desperately Need C.A.R.E.?<sup>\*</sup>

Today children face a complex and often scary social world. In the home, media exposes young minds to a constant barrage of violence and unwholesome images. More and more, children see American society as a place of violence, social unrest, racial tension, and general disrespect for authority and others.

**Bullying and other forms of violence are now everyday occurrences in schools across the country.** This increase in school violence and antisocial behavior is a disturbing sign that **something needs to change.** Suicide, social stress, and mental health issues are becoming real problems in our schools and require a proactive not reactive approach. Educators and parents recognize the problem and want a solution. With C.A.R.E., we believe our schools hold the answer.



## How Can C.A.R.E. Change Children's Lives?

Each day the nation's schools gather nearly all children from ages 5 to 18 within their walls. This provides an amazing opportunity to influence our children as well as teach academic subjects. Given the right tools, teachers and school administrators have the opportunity and potential to be powerful agents of change for the benefit of our next generation. This "change" can be a cultural shift towards a healthier society. It must begin with the youngest children in our schools and spread to the community at large - creating a more caring, tolerant, and safe school and community environment.

But to make such a difference in the lives of our children requires C.A.R.E. and a unified effort among parents, schools, government and concerned groups, organizations, and businesses. A commitment to our children is a commitment to a better tomorrow for America. We believe the responsibility lies with all of us, and the time for action is now!

**With C.A.R.E., children will acquire the skills and knowledge needed to better understand themselves, communicate and connect with others in a healthy way, and solve real-world problems in difficult social contexts.** C.A.R.E. takes a holistic approach, developing students mentally, physically, emotionally, and socially. **It empowers them to live healthy and meaningful lives, while making the world a better place through good character development, citizenship, and compassionate service to others.**

The C.A.R.E. Curriculum is created to be a free or low-cost tool for schools to educate, inspire, and awaken children to their true potential. We hope that every child in America will have this educational opportunity. Through the support of parents and schools, as well as partnerships with government and others, C.A.R.E. can make a huge difference in the lives of our children.

<sup>\*</sup> "The C.A.R.E. Curriculum" to define C.A.R.E.





## Where Do Educators Find Time to Teach C.A.R.E.?

C.A.R.E. is a social studies and health curriculum created by teachers for teachers, with a clear understanding that every minute in the classroom counts and students must become proficient in the areas of reading, writing, and mathematics. **C.A.R.E. is an integrated program that addresses the need for more reading and writing time, and teaches social studies and health in a unique language arts format.** The

C.A.R.E. Curriculum presents social studies, health, and character education through imaginative stories and entertaining activities that reinforce reading and writing skills, and encourage a love of literature.

Cooperative Learning activities engage students and make learning fun, while the teacher follows simple, step-by-step instructions that minimize lesson planning and implementation time. C.A.R.E. is so user-friendly that teachers can, literally, just pick up **The CARE Guide** and the lesson begins! All required materials are included, except for the common supplies teachers have on hand, such as crayons, markers, glue, scissors, and paper.



## What if Kids Thought Learning Was Fun and Meaningful?

Wouldn't it be great if kids thought learning was fun and meaningful? **What if they were motivated to explore health, history, civics, and geography to find out more about themselves and the world around them?** Students often lack interest in learning such academic subjects.

They soon forget information that stays in their "heads" and doesn't move to their "hearts." C.A.R.E. takes the natural exuberance children have for

learning about the world around them and puts it into action. **Students learn key concepts through interesting stories, reinforce learning with fun activities, and apply knowledge by doing meaningful social projects.** Using this paradigm, The C.A.R.E. Curriculum helps students find purpose in learning.

## But What Specifically Does C.A.R.E. Teach Children?

**C.A.R.E teaches children to explore and better understand:**

- **SELF** - through self-awareness and personal development
- **OTHERS** - through family life and social development
- **COMMUNITY** - through school and civic responsibility
- **THE WORLD** - through social action and real-world projects.

# Let's take a closer look at the specifics...

## SELF

### PERSONAL DEVELOPMENT

Help children achieve mental, physical, emotional, and social well-being by:

- Understanding their self-worth and basic right to human dignity
- Fostering self-care and personal responsibility
- Increasing self-awareness and understanding
- Encouraging positive thinking and resiliency
- Developing life skills and healthy self-esteem
- Improving interpersonal and communication skills
- Building character and strong ethical citizenship
- Learning to set healthy boundaries with others and stop bullying and negative behavior
- Nurturing a commitment to life-long personal growth

## OTHERS

### SOCIAL DEVELOPMENT

Assist children in learning to work well with others by:

- Recognizing the human dignity and unique value of each person
- Nurturing compassion and a caring attitude toward others
- Understanding the basic needs of others and their right to have needs met
- Gaining social skills and attitudes necessary for establishing strong relationships
- Learning to cooperate and adapt to group standards
- Instilling a sense of gratitude and respect for authority, community helpers, and others
- Fostering inclusion and an appreciation for diverse viewpoints within a group
- Respecting differences in ethnic and traditional backgrounds
- Promoting peace and conflict resolution
- Developing leadership and team-building skills
- \* *Improving interpersonal and communication skills*
- \* *Building character and strong ethical citizenship*
- \* *Learning to set healthy boundaries with others and stop bullying and negative behavior*





# COMMUNITY

## CIVIC RESPONSIBILITY

Teach children to become caring, responsible, and contributing members of society by:

- Recognizing the inter-connection between self and community
  - Understanding the purpose of community living
  - Connecting historic, civic, and geographical study to their daily lives
  - Taking responsibility for personal behavior and the welfare of others
  - Participating in social service activities
  - Learning to uphold the democratic values reflected in the Constitution and Bill of Rights
  - Embracing the values of compassion, peace, freedom, equality, justice, diversity, tolerance, inclusion, authority, patriotism, and human rights
  - Helping others set healthy boundaries and stop bullying and negative behavior
- \* *Recognizing the human dignity and unique value of each person*
  - \* *Nurturing compassion and a caring attitude toward others*
  - \* *Understanding the basic needs of others and their right to have needs met*
  - \* *Learning to cooperate and adapt to group standards*
  - \* *Building character and strong ethical citizenship*
  - \* *Instilling a sense of gratitude and respect for authority, community helpers, and others*
  - \* *Fostering inclusion and an appreciation for diverse viewpoints within a group*
  - \* *Respecting differences in ethnic and traditional backgrounds*
  - \* *Promoting peace and conflict resolution*
  - \* *Developing leadership and team-building skills*
  - \* *Improving interpersonal and communication skills*
  - \* *Learning to set healthy boundaries and stop bullying and negative behavior*

# WORLD

## SOCIAL ACTION

Inspire children to change the world through service to others by:

- Learning to appreciate the traditions and ways of life of others across the globe
  - Understanding global problems facing mankind and the environment
  - Recognizing the inter-dependence of mankind and the environment
  - Volunteering and helping others in meaningful ways
- \* *Recognizing the inter-connection between self and community*
  - \* *Understanding the purpose of community living*
  - \* *Connecting historic, civic, and geographical study to their daily lives*
  - \* *Taking responsibility for personal behavior and the welfare of others*
  - \* *Learning to uphold the democratic values reflected in the Constitution and Bill of Rights*
  - \* *Embracing the values of compassion, peace, freedom, equality, justice, diversity, tolerance, inclusion, authority, patriotism, and human rights*
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  - \* *Developing leadership and team-building skills*
  - \* *Improving interpersonal communication skills*
  - \* *Helping others set healthy boundaries and stop bullying and negative behavior*

# LET'S GET STARTED!



## WHAT IS INCLUDED IN THE CARE PROGRAM?

- 4 units (each with 4-5 weeks of instruction) and Bonus Lessons
- Care Posters
- 1 Review and Assessment Week (Formal testing sessions)
- 1 Care Action Week (Fun, reinforcement activities with social action projects)
- Community Care Day (To be held on the last day of Care Action Week)
- Supplemental Activities and Resources

## HOW DO I USE THE UNIT GUIDE FOR LESSONS?

- Read the lesson's introduction to students from the Teacher's Guide page
- Present the teaching lesson to students
- Students respond through oral, written, and cooperative learning activities
- Do the Care activities listed on the bottom of Teacher's Guide page

## HOW DO I EVALUATE STUDENTS?

- Each lesson has activities that may be collected for grading
- The Review and Assessment Week provides formal testing sessions

## WHAT IS THE CARE ACTION WEEK?

- Daily fun and hands-on reinforcement activities
- School Care Projects that put learning into action
- Community Care Day (To be held on the last day of the unit)

## WHAT HAPPENS ON COMMUNITY CARE DAY?

- Parents, visitors, and school staff celebrate students' learning
- Community members make presentations to students
- Students put care into action and show gratitude and compassion to others

## FOR SUCCESS...PLAN AHEAD FOR THE CARE ACTION WEEKS!

1. **Reserve dates** for field trips and guest speakers at the beginning of the school year.
2. **Send home a letter to parents** the week prior to the Care Action Week to explain the School Care Projects, request their participation, and invite them to the **Community Care Day** events.
3. **Collect students' best artwork and assignments** to display in the classroom for **Community Care Day**. Make the classroom colorful and welcoming to parents and guests.
4. **Display Care Posters** in the classroom to reinforce concepts learned during the unit.
5. **Have fun** with students while doing the Care Action Project and activities.
6. **Serve refreshments** to students, parents, guests, and school personnel to celebrate all that the students have learned and accomplished.