

The 3 Cares



Take Care of Yourself

Take Care of Others

Take Care of the Earth/Community/School

The three cares is a very simple way to fold in every safety, behavioral, self efficacy, and stewardship guideline for learning outside with a classroom. Each care builds on the other. Repeat the language of the Three Cares throughout the day. “Wow! I just saw someone care for the Earth by picking up garbage from lunch!”

Take care of yourself

- ~ Dress for the weather and for learning
- ~ Eat and drink things that help us learn and have a good day
- ~ Be responsible for your belongings
- ~ Take a break if you feel frustrated, tired, or sad
- ~ Ask for help

When you can *take care of yourself* you can:

Take of Others

- ~ Hands are for helping
- ~ Words are for helping and for making friends
- ~ Include others
- ~ Peace Zone

When you can *take care of others* you can:

Take Care of the Earth/ Community/ School

- ~ Hurt no living thing
- ~ Fox walk off the trail
- ~ Leave no Trace