Courage

Sub-Concepts Covered: Kindness

Kindness in the Classroom lessons teach kindness skills through a step-by step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the 'share' step to reinforce learning from previous lessons. The 'act' piece is woven into the lessons but really takes place in the projects.

This is the last unit of our six unit series. The focus is on connecting courage to kindness and providing students with the tools to put these concepts into practice. Students will also focus on having the courage to lift themselves up using positive affirmations. Every grade will also end in unison in the final lesson by completing a grade specific Random Act of Kindness. Be on the lookout for what the other grades in your school have in store for you at the end of this unit!

Unit Objective

Students will:

- Identify ways to show courage for ourselves and for others.
- Practice random acts of kindness.
- Discuss how it takes courage to be kind to others without recognition.

Student Introduction

We made it to our final unit- Courage! When most of us think of courage, we think of superheroes. There are lots of ways to be courageous and our focus for this unit is how to use courage to be kind to both ourselves and others. Sometimes we are kind and no one even recognizes it. Although it may sound funny, it takes courage to be willing to do something kind knowing that no one will praise you for it later!

Let's explore the concept of courage and how we can choose kindness to end our year!

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 Affirmation Mobile	● Create 3-5 personal affirmations to demonstrate kindness to self. ● Explain how it takes courage to be kind to ourselves.	❏ Straws ❏ Paper Clips ❏ Affirmation Clouds for each student (see lesson)
Lesson 2 Kindness Mail	● Create 5 personalized kindness letters to courageously spread kindness to others in class. ● Explain how it takes courage to be kind to others.	❏ Basic art supplies ❏ Giant manila envelope or shoe box decorated as a mailbox ❏ 5 Kindness Mail sheets for each student ❏ 5 basic white envelopes for each student ❏ *Sheila Rae the Brave* by Kevin Henkes
Lesson 3 Kind or Trash	● Decide which activities are kind and which are unkind ● Explain how it takes courage to be kind in our school	❏ Kind or Trash handout (see below) ❏ Trash can ❏ Scissors ❏ Soft ball for tossing to each other
Lesson 4 Random Act of Kindness Bookmarks	● The class will create RAK bookmarks and secretly hide them in books in the library for others to find.	❏ Brightly colored cardstock ❏ Heart stencil or cut out ❏ Yarn ❏ Hole punch ❏ Basic art supplies

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 Kindness Looks Like…	Students will work together to create a classroom book of kindness to leave as a legacy for the incoming kindergarten class.	❏ Kindness Looks Like… page template (see lesson, one per student) ❏ Basic Art Supplies ❏ Cardstock ❏ Stapler
Project 2 Courageous Acts of Kindness	Everyone in the class will be on the hunt for people who are responding with kindness as they play.	No materials are required for this project.