



**Sub-Concepts Covered: Vulnerability, Humility, 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.

The Courage Unit is the last unit in this series. It focuses primarily on inspiring students to be courageous with their kind thoughts, words, and actions, even when others don't acknowledge it. 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.
- Show courage through helping ourselves and others.
- Discuss how it takes courage to be kind to others without recognition.

## Student Introduction

Welcome to our final unit- Courage!! Over the next few weeks, we are going to use our courage to be kind to both ourselves and others. We will be learning how to build ourselves up through positive words, inspire others through kindness mail, and even give the kindergarteners kindness capes to help them be courageous as well!! We are going to focus on these important areas:

- Having the courage to be kind to ourselves!
- Having the courage to be kind to others!
- Having the courage to make our school a place where people love being!

It's time to spread the kindness through courage- let's get started!

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> My Kindness Treasure Box	<ul style="list-style-type: none"> <li>• Create 5 personal affirmations to demonstrate kindness to self.</li> <li>• Explain how it takes courage to be kind to ourselves.</li> </ul>	<ul style="list-style-type: none"> <li>❑ Box with lid for each student</li> <li>❑ Art Supplies (will depend on classroom abilities/desires on level of complexity for this supply)</li> <li>❑ Strips of paper (5 per child)</li> </ul>
<b>Lesson 2</b> Catch the Kindness	<ul style="list-style-type: none"> <li>• Highlight kind words and actions that others have used through a kinesthetic activity.</li> <li>• Explain how it takes courage to be kind to others.</li> </ul>	<ul style="list-style-type: none"> <li>❑ Blow Up Beach Ball</li> <li>❑ Sharpie</li> </ul>
<b>Lesson 3</b> Safety First!	<ul style="list-style-type: none"> <li>• Identify concrete ways to treat the school with kindness through safety awareness.</li> <li>• Explain how it takes courage to be kind to our school.</li> </ul>	<ul style="list-style-type: none"> <li>❑ 8 large poster boards</li> <li>❑ Construction paper</li> <li>❑ White Drawing paper</li> <li>❑ Glue</li> <li>❑ Basic Art Supplies</li> </ul>
<b>Lesson 4</b> Random Acts of Kindness-Chalk Surprises	<ul style="list-style-type: none"> <li>• Complete a random act of kindness.</li> <li>• Explain how it takes courage to be kind to others without recognition.</li> </ul>	<ul style="list-style-type: none"> <li>❑ Sidewalk chalk</li> <li>❑ Stencils</li> <li>❑ <i>Kindness Counts</i> by Bryan Smith</li> </ul>

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> Kindness Grams	Students will give their reading buddies kindness-grams, highlighting one way their buddy has exhibited kindness towards them throughout the year.	<ul style="list-style-type: none"> <li>❑ Kindness grams printed on cardstock or heavy paper</li> <li>❑ art supplies</li> <li>❑ envelopes</li> </ul>
<b>Project 2</b> Kindness Capes	Students will use white T-shirts to create kindness capes for the kindergarten class. They will then watch as Captain Kindness (the principal) delivers the capes.	<ul style="list-style-type: none"> <li>❑ Large White T- shirts cut into capes (see instructions below)</li> <li>❑ Yellow and Black permanent markers</li> <li>❑ Large cape</li> <li>❑ Basket or box</li> </ul>