



1st Grade, Unit 1 Feelings and Actions

Students will explain the importance of respecting the personal space and boundaries of others and how it can help to create a kind classroom.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Name that Emotion!	Students will label different emotions they feel and recognize emotions others are feeling in various situations.	Caring, Self-Care	Self-Awareness, Social Awareness, Self-Management
2	Bad Day Blues	Students will recognize that how they feel and act can impact others.	Caring, Self-Care	Self-Awareness, Social Awareness, Self-Management
3	Emotions Check	Students will reflect on how they feel and act at different parts of the day and recognize that others may have different emotions and reactions.	Caring, Self-Care	Self-Awareness, Social Awareness, Self-Management
4	Calming Our Mind and Body	Students will identify strategies they can use to regulate their emotions.	Caring, Self-Care	Self-Awareness, Social Awareness, Self-Management
5	Kindness Project: Self-Care (and Caring) Game	Students will be able to discover ways to care for themselves and others through a game.	Caring, Self-Care	Self-Awareness, Social Awareness, Self-Management
6	Kindness Project: Kindness Tree	Students will be able to identify the 12 Kindness Concepts and describe ways to share kindness with others.	All Kindness Concepts	Self-Awareness, Social Awareness, Self-Management
7	Kindness Project: Kindness Alphabet Book	Students will be able to identify and practice ways to be kind to themselves and others.	All Kindness Concepts	Self-Awareness, Social Awareness, Self-Management
8	Kindness Project: Caring Book	Students will be able to identify ways to show caring to someone in their lives and create a book that shows caring.	Caring	Self-Awareness, Social Awareness, Self-Management



1st Grade, Unit 2 Good Manners

Students will gain a better understanding that having kind feelings can help them be kind to other people, recognize that using manners when speaking is a way to be kind and demonstrate what it means to cooperate and share with others.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Mind Your Manners	Students will practice using good manners and reflect on how being polite can encourage sharing and cooperation.	Respect, Responsibility	Self-Awareness, Social Awareness, Self-Management
2	Who Has Manners?	Students will recognize where using good manners could help encourage sharing/cooperation and resolve conflict.	Respect, Responsibility	Self-Awareness, Social Awareness, Self-Management
3	Manners Mingle	Students will identify which manners are most useful in different situations.	Respect, Responsibility	Self-Awareness, Social Awareness, Self-Management
4	Building Cooperation	Students will cooperate with their classmates to build a tower and practice using good.	Respect, Responsibility	Self-Awareness, Social Awareness, Self-Management
5	Kindness Project: Respecting Others	Students will be able to discover what it means to be respectful and think about other's needs.	Respect	Self-Awareness, Social Awareness, Self-Management
6	Kindness Project: Respecting Diversity	Students will be able to discover what it means to show respect for each person's gifts and heritage.	Respect	Self-Awareness, Social Awareness, Self-Management
7	Kindness Project: Displaying Responsibility	Students will be able to discover what it means to be responsible.	Responsibility	Self-Awareness, Social Awareness, Self-Management
8	Kindness Project: Big book of Kindness	Students will be able to reflect on what they have learned about kindness through the different project ideas listed above.	All Kindness Concepts	Self-Awareness, Social Awareness, Self-Management



1st Grade, Unit 3 Learning to Listen

Students will demonstrate effective listening skills as a way to show kindness.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	What Do You Hear?	Students will practice listening attentively to different sounds in their everyday life and reflect on strategies that make it easier for them to listen.	Respect, Responsibility	Self-Awareness, Social Awareness
2	Listen Up!	Students will practice listening and select the correct response after listening to sentences being read.	Respect, Responsibility	Self-Awareness, Social Awareness
3	Act It Out!	Students will learn about practical ways they can be better listeners through role-play scenarios.	Respect, Responsibility	Self-Awareness, Social Awareness
4	Talking Sticks	Students will learn how Native American tribes have used talking sticks to listen to others and practice their listening skills with talking sticks they make.	Respect, Responsibility	Self-Awareness, Social Awareness
5	Kindness Project: Respecting Others	Students will be able to discover what it means to be respectful and think about other's needs.	Respect	Self-Awareness, Social Awareness
6	Kindness Project: Random Acts of Kindness Week Activities (all school activity)	Students will be able to discover what it means to be kind through Random Acts of Kindness Week activities.	All Kindness Concepts	Self-Awareness, Social Awareness
7	Kindness Project: Displaying Responsibility	Students will be able to discover what it means to be responsible.	Responsibility	Self-Awareness, Social Awareness
8	Kindness Project: Kindness Alphabet Book	Students will be able to identify and practice ways to be kind to themselves and others.	All Kindness Concepts	Self-Awareness, Social Awareness



1st Grade, Unit 4 Learning to Solve Problems

Students will demonstrate effective learning skills as a way to show kindness and identify problem-solving strategies and demonstrate the ability to make kind choices using those strategies.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Talk and Work It Out	Students will identify different strategies they can use to calm down to resolve problems.	Respect, Perseverance	Self-Awareness, Social Awareness, Relationship Skills
2	Problem Solving Strategies	Students will practice using four steps to solve a problem.	Respect, Perseverance	Self-Awareness, Social Awareness, Relationship Skills
3	Listening With an Open Mind	Students will identify different ways they can listen with an open mind.	Respect, Perseverance	Self-Awareness, Social Awareness, Relationship Skills
4	How Can We Solve This Problem?	Students will identify the best solutions for solving a variety of problems.	Respect, Perseverance	Self-Awareness, Social Awareness, Relationship Skills
5	Kindness Project: Kindness Lighthouse	Students will be able to identify the 12 Kindness Concepts and describe ways to share kindness.	All Kindness Concepts	Self-Awareness, Social Awareness, Relationship Skills
6	Kindness Project: Random Acts of Kindness Week Activities (all school activity)	Students will be able to discover what it means to be kind through Random Acts of Kindness Week activities.	All Kindness Concepts	Self-Awareness, Social Awareness, Relationship Skills
7	Kindness Project: Respecting Others	Students will be able to discover what it means to be respectful and think about other's needs.	Respect	Self-Awareness, Social Awareness, Relationship Skills
8	Kindness Project: Perseverance Banner	Students will be able to discover what it means to show perseverance and create a classroom banner to record how they kept trying.	Perseverance	Self-Awareness, Social Awareness, Relationship Skills

Kindness Symposium