



2nd Grade, Unit 1 How Can I Be Kind?

Kindness can be cultivated through our behaviors and attitudes. In this unit students will learn what it means to be kind and how to apply kindness to themselves and each other at school and home.

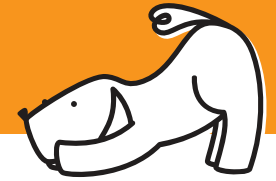
Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	RAK Music Video	Students will be exposed to the concept of a Random Act of Kindness and will learn a song to remind them of some acts.	Gratitude, Compassion	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
2	Kindness and Gratitude Game	Students will practice saying kind things to others and themselves and will focus on things they are grateful for.	Gratitude, Compassion	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
3	A-Z Kindness Book	Students will practice sharing ideas and brainstorming ways to be kind to others while creating a book.	Gratitude, Compassion	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
4	Gratitude Poem	Students will explore different things they are grateful for and create a poem about something they are grateful for.	Gratitude, Compassion	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
5	Kindness Project: Mufaro's Beautiful Daughters Read Aloud	Students will be able to discover what it means to show compassion through reading the book, Mufaro's Beautiful Daughters.	Compassion	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
6	Kindness Project: Teddy Bear Drive (or clothing, hats, gloves, coats, etc.)	Students will be able to identify what it means to show compassion by collecting teddy bears and donating the bears to a children's shelter.	Compassion	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
7	Kindness Project: Gratitude Card Game	Students will be able to discover what it means to be grateful and express their gratitude to someone else through a card.	Gratitude	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
8	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, Responsible Decision Making



2nd Grade, Unit 2 How Can We Be Kind?

Students will learn that there are kind and respectful ways to play and work together.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Moving Forward	Students will learn that working as a team can benefit everyone.	Compassion, Helpfulness, Respect	Social Awareness, Relationship Skills
2	The Quiltmaker's Gift	Students will learn that giving can fill your heart.	Compassion, Helpfulness, Respect	Social Awareness, Relationship Skills
3 & 4	Pennies with a Purpose	Students will gain awareness of community members in need and build a sense of compassion and agency.	Compassion, Helpfulness, Respect	Social Awareness, Relationship Skills
	Optional Math Extension - Pennies with a Purpose	Students will learn about practice prediction, estimation and skip counting.	Compassion, Helpfulness, Respect	Social Awareness, Relationship Skills
5	Kindness Project: Teddy Bear Drive	Students will be able to identify what it means to show compassion by collecting teddy bears and donating the bears to a children's shelter.	Compassion	Social Awareness, Relationship Skills
6	Kindness Project: Respecting Others	Students will be able to discover what it means to be respectful and think about other's needs.	Respect	Social Awareness, Relationship Skills
7	Kindness Project: Helping Others	Students will be able to identify ways they can be helpful at home or school and practice those ways.	Helpfulness	Social Awareness, Relationship Skills
8	Kindness Project: RAK Week (school wide activity)	Students will be able to discover what it means to be kind through Random Acts of Kindness Week activities.	All Kindness Concepts	Social Awareness, Relationship Skills



2nd Grade, Unit 3 It Takes One

Students will examine what respectful behavior looks and feels like in themselves and toward others.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	The Story of One	Students will differentiate between the concepts of joking, teasing and bullying, and will be introduced to the power a bystander can make.	Assertiveness, Respect	Self-Awareness, Social Awareness, Relationship Skills
	Optional Extension: The Art of One	Students will explore their unique personality and represent it in a color portrait.	Assertiveness, Respect	Self-Awareness, Social Awareness, Relationship Skills
2	Joking, Teasing or Bullying?	Students will distinguish the difference between joking, teasing and bullying and understand how joking, teasing and bullying can strengthen or weaken relationships.	Assertiveness, Respect	Self-Awareness, Social Awareness, Relationship Skills
3	Bullying Role-Plays	Students will learn strategies to respond to someone who is bullying them and role-play different scenarios.	Assertiveness, Respect	Self-Awareness, Social Awareness, Relationship Skills
4	Let's Be Kind! Campaign	Students will be empowered to make a change through the education of others and learn how to organize a big project as a team.	Assertiveness, Respect	Self-Awareness, Social Awareness, Relationship Skills
5	Kindness Project: Let's Be Kind! Campaign	Students will be able to discuss ways to stand up for themselves and what they believe in without upsetting others.	Assertiveness	Self-Awareness, Social Awareness, Relationship Skills
6	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
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, Relationship Skills
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, Relationship Skills



2nd Grade, Unit 4 Keep Trying

Noticing when you are doing something that is hard; understanding how to stay positive and control your emotions so you can keep trying is an important life skill for students.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Ice Cube Challenge	Students will experience a challenge that requires patience and perseverance and will employ strategies to work through a challenging task as a team.	Perseverance, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
2	Obstacles and Perseverance	Students will learn about perseverance in the face of obstacles as they reflect on one boy's story as an example.	Perseverance, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
3	Reach for the Stars	Students will set a goal and think about the steps they need to achieve the goal.	Perseverance, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
4	A Story of Perseverance	Students will create a story they will share and gain inspiration from other stories of overcoming obstacles to reach a goal.	Perseverance, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
5	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, Responsible Decision Making
6	Kindness Project: Displaying Responsibility	Students will be able to discover what it means to be responsible.	Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
7	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, Responsible Decision Making
8	Kindness Project: Kindness Tree	Students will be able to identify the 12 Kindness Concepts and describe ways to share kindness.	All Kindness Concepts	Self-Awareness, Social Awareness, Responsible Decision Making

Kindness Symposium