



LESSON 4

It Takes One Unit Grade 2 • Ages 7-8

TIME FRAME

Preparation: 5 minutes
Instruction: 30 minutes plus extra time
for campaign, can run over several days

MATERIALS

Will depend on what students decide
for their Kindness Campaign

[Kindness Concept Posters](#) for Respect,
Responsibility and Fairness

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.2.1, 1a-c, 2, 3, 4, 5, 6 Colorado:
Comprehensive Health S.4,
GLE.3, EO.a; Reading, Writing and
Communicating S.1, GLE.1, EO.b-f;
S.1, GLE.2, EO.a-c; Social Studies S.4,
GLE.1, EO.a,b,c

[Learning standards key](#)

RAK lessons teach
kindness skills through a
step-by-step framework of
Inspire, Empower, Act and
Share.

However, each lesson
starts with the **Share** step
to reinforce learning from
previous lessons.



Let's be Kind! Campaign

Students will be empowered to make a change
through educating others. They will learn how
to organize a big project and work as a team.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and
increase understanding.

BULLYING	Bullying happens over and over and can include name calling, taunting, insulting, gossiping, leaving people out, kicking, hitting, making someone look silly on purpose, spreading rumors, mean phone calls or text messages or making fun of someone.
RESPECT	Treating people, places, and things with kindness.
RESPONSIBILITY	Being reliable to do the things that are expected or required of you.
FAIRNESS	Treating people in a way that does not favor some over others.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Receiving guidance in how to choose a campaign.
- Getting support as they brainstorm ideas or during the activity. They may need
to be reminded about the purpose of the project to focus on completing it.

Share (3 mins)

*Last time we met you took home a sheet to talk with your families about. Did anyone
come up with a new idea of how to deal with a **bullying** situation?*



Inspire

Video Clip (5 mins)

Watch Kid President – How to change the World video:
<https://www.youtube.com/watch?v=4z7gDsSKUmU>



Empower

Let's be Kind! Campaign (time varies)

Have students brainstorm ways they can reduce **bullying** or promote acceptance in their school. Here are some possible ideas:

- Make posters that promote being kind and being a friend rather than a **bully**. They could include the five ways to respond to a **bully** and also ways to show kindness.
- Students could create a song about being kind to others and how to handle **bullying**.
- Students could make a video about being kind and suggest ways to deal with a **bully**.
- Have an "everyone counts" event and make sure everyone in the school feels included.

After students decide what they want to do, allow them time to work on their Let's Be Kind! Campaign.

Wrap Up (5 mins)

To gauge understanding of the material, choose from the evaluation and reflection questions as discussion, or writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- How do you start a kindness campaign?
- What are some ways you could reduce bullying at school?
- What are some ways you can show kindness to others in your school?

Reflection Questions

- Do you think our Let's Be Kind! Project helped create a kinder school community? In what ways?
- How can we make everyone feel included at school so no one feels the need to bully others?
- How could this kindness campaign ripple out into our community and help others?

Summary

We had the opportunity to work as a team to help strengthen the school. We taught our fellow students how to be kind and how to be kind to themselves by not allowing others to bully them.



The RAK paradigm is the framework for teaching and building kindness skills.





Act (2 mins)

Kindness Minute

Being kind is something that happens in all parts of our lives, to ourselves, to others, in school and in our community. Let's be kind to our community this week. Write a little post-it note with an encouraging word about how everyone matters. Put that post-it note somewhere out in your community later today. (Library, bus stop, public bathroom, grocery store, etc.)

Homework

You started a campaign, but it doesn't need to end. Tell someone not at our school about what we did. You might inspire them to do something themselves.

