



LESSON

2

How I Treat Myself and Others Matters Unit

Grade 3 • Ages 8-9

TIME FRAME

Preparation: 15 minutes
Instruction: 30 minutes

MATERIALS

Old magazines to cut up

Scissors, pair for each student

Hat, can, or basket

Create two signs that say "LIKE" and "DON'T LIKE", and post on opposite sides of the room

Slips of paper with student names

[Kindness Concept Poster](#) for Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.3.1, 1b-d, 2, 3, 6; CCSS.ELA-Literacy.L.3.1; CCSS.ELA-Literacy.W.3.1
Colorado: Comprehensive Health S.3, GLE.1, EO.d, g; S.3, GLE.2, EO.c; Reading, Writing and Communicating S.1, GLE.1, EO.b, f, g; S.1, GLE.2, EO.a,b,c; S.3, GLE.1, EO.a; Social Studies S.2, GLE.2, EO.a

[Learning standards key](#)

Respecting Differences

Students will share interests that they have while learning about other students' interests. Students will learn how to talk with people who have different interests from themselves.

Lesson Background for Teachers

This lesson builds on the previous lesson in this unit.

This lesson introduces differences students may find in their hobbies, likes and dislikes. This is an introduction to talking about the value of differences between people.

Key Terms for Students

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

RESPECT Treating people, places, and things with kindness.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Standing in a circle and doing thumbs up/thumbs down as students share images of what they like or don't like to do. This might be a useful alternative to walking to the LIKE and DON'T LIKE signs if your class gets distracted by a lot of movement.

For the Kindness Minute students might benefit from:

- Individual conferences to discuss how they can do a random act of kindness for their buddy.
- Referencing ideas from the Random Acts of Kindness website.
- Seeing a reminder posted on the class bulletin board so they don't forget to do their random act of kindness.

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.



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



Resources

Teaching Tolerance: <http://kidshealth.org/en/parents/tolerance.html>
<http://www.tolerance.org/mix-it-up/activities>

Share (3 mins)

Ask a students if anyone is comfortable enough to share if they were able to make an apology to anyone and how it went.

Inspire

Like and Don't Like Activity (15 mins)

Before the activity, post the LIKE and DON'T LIKE signs on opposite sides of the room.

Do you find it easy to talk and hang out with people who like the same things as you do? What if someone likes different things from you? Is it easy to talk to them?

We are going to do an activity where we think about ways we can learn to talk to people who have different interests from us. I want you to find pictures in these magazines of at least THREE things that you like or enjoy doing. Cut out the pictures and put them in this hat. Another option would be to draw things that you enjoy doing if you prefer.

Allow 5 to 10 minutes for this activity. When students are done, have them put the images in the hat.

Pull one image out of the hat at a time and explain that if they like or enjoy that activity to walk to the LIKE sign and if they don't like it, to walk to the DON'T LIKE sign. Ask students why they like or don't like that particular activity.

Do this activity as many times as you like, so that students begin to observe ways they are the same and ways they are different.

Empower

Discussion (5 mins)

After finishing the activity, choose a few discussion questions from below:

- Were you surprised by the ways you were similar to other people? Were you surprised by the ways that you were different?
- You may have noticed that you shared lots of interests with some people and very few interests with other people. What do you think it would be like if we were all the same?
- Do you think that if we picked enough photos out of hats we could find something you had in common with every single person in this room?
- If you don't have anything in common with someone, that's a great opportunity to learn! Find someone in the room who likes something you don't and ask them why they like it.
- Find someone in the room you had something in common with and talk about why you both like it.

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

- Do we all have the same interests as one another? Why is this important?
- What can you learn from people who don't have the same interests as you?
- How do we show respect for those who do and don't have the same interests?

Reflection Questions

- Do you like having friends with the same or different interests as you? Why?
- How can we show kindness to people who are different from us or have different interests than us?
- As a class what are some things that we can do to show **respect** for those who have different interests from us?

Summary

Each of us have different interests and things that we enjoy doing. It's okay to like different things than other people... that is part of what makes each of us so unique! Asking someone else about their interests is a fun way to learn more about them and the things that they like doing. We can always learn from each other and maybe the other person can introduce you to something you never knew you'd like! The more we know about each other, the easier it is to be kind.



Act (3 mins)

Kindness Minute

I am going to assign you a secret buddy. For the next week you are going to do at least one kind thing a day for your secret buddy without that person knowing. What are some kind things that you can do for that person? Allow students to respond.

Hand students their secret buddy name and have them put the name in their pocket or desk so that no one else can see it.

At the end of the week, have students reveal their secret buddy to each other.

The goal of this activity is to build community in the classroom by learning to appreciate the unique qualities we all have and to celebrate those qualities. Once their secret buddy is revealed, this will give students who don't normally interact something to talk about.

For this activity, it might be useful to build on what the students discussed during the **Respecting** Differences and **Respecting** Other People's Ideas activities, and pair the student up with someone who they don't know well or with whom they may have different interests or ideas.

Another option would be to pair students (again, choose two students who don't normally hang out together) from two different third grade classes so that it is more difficult for the students to figure out who has been assigned as their secret buddy!

Kindness in Action

Use different images from magazines, images you draw or images you print from the computer to create a collage of your favorite interests. Bring your collage to our next class to share with your classmates.

Note: Emphasize the importance of everybody participating so that no one feels left out.

