

LESSON 4

How I Treat Myself and Others Matters Unit Grade 3 • Ages 8-9

TIME FRAME

Preparation: 5 minutes
Instruction: 30 minutes

MATERIALS

RAK journals

[Kindness Concept Posters](#) for Caring, Respect and Self-Care

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.g; Reading, Writing and Communicating S.1, GLE.1, EO.b, f, g; S.1, GLE.2, EO.a,c; S.3, GLE.1, EO.a

[Learning standards key](#)

Treating Myself with Kindness

Students will identify ways they can treat themselves with kindness and respect.

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.

RESPECT Treating people, places, and things with kindness.

CARING Feeling and showing concern for others.

SELF-CARE Taking care of yourself through kind words, actions and thoughts.

KINDNESS Being friendly, generous or considerate to ourselves and others through our thoughts, words and actions.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

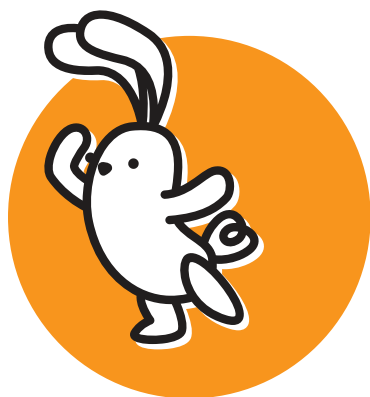
- Having a sentence to complete, like "I promise I will practice self-care and be kind to myself by...."
- Having a self-care bulletin board in the classroom with images and examples of ways to show self-care as a reminder during the week. You can create this bulletin board with student responses from above.
- Using items from the Kindness Tool Kit for self-care.

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

Research Digest: Blogging on Brain and Behavior

<http://digest.bps.org.uk/2016/05/why-do-some-of-us-find-it-hard-to-be.html>

Research article: Resisting Self-Compassion: Why are some people resistant to being kind to themselves? (Robinson, Mayer, Allen, Terry, Chilton, & Leary, 2016)

Share (3 mins)

Ask a few students to share with the class their responses from the Respecting Others Home Extension activity.

Inspire

Brainstorming (5 mins)

*Today we are going to think about what it means to treat ourselves with **respect** and **kindness**. What do you think that means? Do you think it might be important to be **kind** to or **care** for ourselves? Why or why not? What are some ways we can treat ourselves with **kindness**? Write student responses on the board. Make sure they include actions, words and thoughts.*

Empower

Writing Exercise (15 mins)

Have students write the words "Actions", "Words" and "Thoughts" at the top of three separate pages. Below these have them write ways they can show **respect** and **kindness** to themselves. This can be a free writing exercise or one of the more formal writing prompts below.

Prompt 1: Under each heading, write one thing you can do to be kinder to yourself and how you think that would change the way you feel about yourself.

Prompt 2: In small groups, for each of the three headings, brainstorm a list of things you can do to be kind to yourself. These should be specific. For example under Words you might write, "when I wake up in the morning, tell myself it's going to be a great day". Or for Thoughts, "when I see my teacher, remind myself of how lucky I am to have her/him as a teacher".

Prompt 3: Chose one of the three topics. Write a short story about someone who is being kind to themselves in that way.

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

- What are **kindness** and **respect**? What do they have to do with each other?
- What are some ways you can show **kindness** and **respect** to yourself?
- Why is it important to show **kindness** and **respect** to ourselves?

Reflection Questions

- Is there a difference between treating yourself with kindness and treating others with kindness?
- When other people see you treating yourself with kindness, what do you think they might do?
- Do you think it's easier to be kind to yourself or others? Why?

Summary

Treating ourselves with kindness and respect is just as important as showing kindness to others! Remember to always take time to treat yourself with kindness. You will show others how you deserve to be treated and they will do the same!



Act (2 mins)

Kindness Minute

Lead students through a couple of stretches to get them up and moving.

Kindness in Action

Ask students to pledge to choose two or three kind things they can do for themselves this week.

Check in at the end of the week to determine whether they felt they treated themselves with kindness during the week.

