



3rd Grade, Unit 1 Communicating With Empathy

Having empathy for others helps students stay in touch with what their peers are feeling. This unit builds students' abilities to put empathy into action and offer kind things to say.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Mufaro's Beautiful Daughters	Students will describe positive ways to communicate that show care, consideration, concern, and empathy for others.	Compassion, Caring	Self-Awareness, Social Awareness, Relationship Skills
2	Expressing Empathy	Students will identify the difference between positive/compassionate responses and negative/unkind responses to people who are in challenging situations.	Compassion, Caring	Self-Awareness, Social Awareness, Relationship Skills
3	Caring Role-Plays	Students will practice kind and caring ways to respond in different role-play scenarios.	Compassion, Caring	Self-Awareness, Social Awareness, Relationship Skills
4	Empathy Across Genres	Students will write a story or descriptive poem that focuses on caring and empathy.	Compassion, Caring	Self-Awareness, Social Awareness, Relationship Skills
	Optional Lesson: Discovering Africa	Students will complete a research sheet about a country in Africa.	Compassion, Caring	Self-Awareness, Social Awareness, Relationship Skills
5	Kindness Project: Baskets of Caring	Students will be able to show caring for people who need help (like the homeless or elderly in need) by creating baskets of food or goods to deliver.	Caring	
6	Kindness Project: School Beautification Project	Students will be able to discover what it means to care for their school by raising money for and planning a beautification project.	Caring	
7	Kindness Project: Caring Songs	Students will be able to evaluate what caring means by finding (or writing) and singing caring songs.	Caring	
8	Kindness Project: Reading Books to Younger Students	Students will be able to discover what it means to show compassion by reading books to younger students.	Compassion	



3rd Grade, Unit 2 Complimenting Others

Accepting and appreciating others, their differences and similarities, talents and strengths helps students understand each other better. Complimenting others allows students to practice acknowledging and valuing everyone for who they are.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Who Am I?	Students will identify their talents, strengths, dreams and areas they want to improve or develop.	Respect, Self-Care	Self-Awareness, Social Awareness, Relationship Skills
2	Who Are You?	Students will recognize talents and strengths that other classmates have.	Respect, Self-Care	Self-Awareness, Social Awareness, Relationship Skills
3	Genuine Compliments	Students will identify the importance of giving genuine compliments that focus on a person's talents/abilities and will practice giving their classmates compliments.	Respect, Self-Care	Self-Awareness, Social Awareness, Relationship Skills
4	Creative Compliment Cards	Students will identify the importance of giving genuine compliments that focus on a person's talents/abilities and will practice giving their classmates compliments.	Respect, Self-Care	Self-Awareness, Social Awareness, Relationship Skills
5	Kindness Project: Complimenting Others	Students will be able to discover what it means to compliment others, which is a way to show respect.	Respect	
6	Kindness Project: Compliment Cards	Students will be able to examine what it means to show respect to others by creating compliment cards.	Respect	
7	Kindness Project: Self-Care School Mural	Students will be able to examine what it means to care for them by creating a classroom mural to document their actions.	Self-Care	
8	Kindness Project: Self-Care (Caring) Campaign	Students will be able to analyze what it means to care for themselves and others through a coloring or drawing contest.	Self-Care	



3rd Grade, Unit 3 Feelings and Emotions

Students will learn about emotion management; how to identify, label and express their emotions in kind and healthy ways.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Feelings Game	Students will act out different emotions and guess what emotions other classmates are portraying.	Responsibility, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
2	How Did I Feel?	Students will reflect on a situation in their own life and identify how they felt and reacted as a result. Students will also be able to recognize ways of showing kindness to others.	Responsibility, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
3	Ways to Respond	Students will identify helpful strategies they can use when they feel angry or upset and practice having kind responses in situations where they are feeling angry.	Responsibility, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
4	GO Feelings!	Students will identify helpful strategies they can use when they feel angry or upset and practice having kind responses in situations where they are feeling angry.	Responsibility, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
	Optional Language Arts Lesson: How Do They Feel? Literature Connection	Students will prepare a written report or presentation that summarizes a book of their choice and describes whether the characters in the book showed kindness to others or not.	Responsibility, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
5	Kindness Project: Kindness Flower Bed	Students will be able to develop self-discipline by creating a kindness tree/flower bed.	Self-Discipline	
6	Kindness Project: Self-Discipline in the News	Students will be able to demonstrate self-discipline by finding news stories about self-discipline.	Self-Discipline	
7	Kindness Project: Canned Food Drive	Students will be able to demonstrate responsibility to the community through a canned food drive.	Responsibility	
8	Kindness Project: Responsible People in History	Students will be able to determine what responsibility means by studying responsible people from history.	Responsibility	



3rd Grade, Unit 4 How I Treat Myself and Others Matters

Students will learn to manage differences, and interact with peers and their environment in safe and respectful ways.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Time Out	Students will recognize that listening is an important part of resolving a conflict.	Respect, Self-Care, Caring, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
2	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.	Respect, Self-Care, Caring, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
3	Respecting Other People's Ideas	Students will collaborate with group members to discuss and brainstorm ways people can show respect to others.	Respect, Self-Care, Caring, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
4	Treating Myself with Kindness	Students will identify ways they can treat themselves with kindness and respect.	Respect, Self-Care, Caring, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
	Optional Lesson: Caring for Our World	Students will conduct research on an environmental problem and brainstorm solutions to help solve the problem.	Respect, Self-Care, Caring, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
5	Kindness Project: Canned Food Drive	Students will be able to demonstrate responsibility to the community through a canned food drive.	Responsibility	
6	Kindness Project: Complimenting Others	Students will be able to discover what it means to compliment others, which is a way to show respect.	Respect	
7	Kindness Project: Self-Care School Mural	Students will be able to examine what it means to care for themselves by creating a classroom mural to document their actions.	Self-care	
8	Kindness Project: Caring Songs	Students will be able to evaluate what caring means by finding (or writing) and singing caring songs.	Caring	

Kindness Symposium

