



4th Grade, Unit 1 Friendship

Students develop their social and emotional skills through kindness activities that focus on understanding what is true friendship, and how to make and be a good friend.

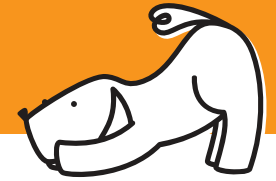
Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	True Friendship	Students will explore what true friendship looks like and name some of the qualities of a true friend.	Caring, Respect, Helpfulness, Fairness	Self-Awareness, Social Awareness, Relationship Skills
2	Friendship Chains	Students will identify the qualities of a friend and apply them to people in their class.	Caring, Respect, Helpfulness, Fairness	Self-Awareness, Social Awareness, Relationship Skills
3	Friendship Recipes	Students will articulate what makes a good friend.	Caring, Respect, Helpfulness, Fairness	Self-Awareness, Social Awareness, Relationship Skills
4	Act it Out Role Plays	Students will observe and participate in role-play where they examine different friendship/conflict scenarios and how they can be resolved.	Caring, Respect, Helpfulness, Fairness	Self-Awareness, Social Awareness, Relationship Skills
	Optional Lesson: Charlotte's Web	Students will see kindness and friendship in the characters of the book and relate that back to their own life.	Caring, Respect, Helpfulness, Fairness	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: Fairness Skits	Students will be able to analyze what it means to be fair through performing skits for the class or the school.	Fairness	
7	Kindness Project: Reaching Out to Those in Need	Students will be able to evaluate what it means to be helpful to others by reaching out to those in need.	Helpfulness	
8	Kindness Project: We Are All Different; We Are All The Same.	Students will be able to distinguish what it means to show respect to others who are similar to or different from them.	Respect	



4th Grade, Unit 2 Respecting Beliefs and Opinions

Students strengthen their empathy and respect for others by exploring the difference between beliefs and opinions. Learners become better able to relate to others and communicate in kind and considerate ways.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Freeze!	Students will identify facts and opinions in skits they perform and discuss ways they can be kind and respectful to people who have different opinions than themselves.	Compassion, Respect, Helpfulness, Responsibility, Perseverance, Fairness, Integrity	Self-Awareness, Social Awareness, Relationship Skills
2	Understanding Beliefs and Values	Students will understand the difference between beliefs and values and appreciate how our differences make us unique and interesting.	Compassion, Respect, Helpfulness, Responsibility, Perseverance, Fairness, Integrity	Self-Awareness, Social Awareness, Relationship Skills
3 & 4	Debating an Issue	Students will respectfully state facts and opinions and listen to those of their peers.	Compassion, Respect, Helpfulness, Responsibility, Perseverance, Fairness, Integrity	Self-Awareness, Social Awareness, Relationship Skills
	Optional Lesson: World Changers Project	Students will identify the characteristics of people who change the world for the better and report on one such person.	Compassion, Respect, Helpfulness, Responsibility, Perseverance, Fairness, Integrity	Self-Awareness, Social Awareness, Relationship Skills
5	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	
6	Kindness Project: Perseverance Banner	Students will be able to distinguish what it means to show perseverance and create a classroom banner to record how they help trying.	Perseverance	
7	Kindness Project: Fairness Skills	Students will be able to analyze what it means to be fair through performing skits for the class or the school.	Fairness	
8	Kindness Project: Integrity Murals	Students will be able to examine what it means to show integrity and create a mural that describes ways to show integrity to display at school, a senior center, nursing home or other public places.	Integrity	



4th Grade, Unit 3 Stress Busters

Students learn to identify and manage emotions induced by stressors, control their reactions and make responsible decisions to stand up for themselves in respectful ways.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	What is Stress?	Students will explore what true friendship looks like and name some of the qualities of a true friend.	Self-Care, Assertiveness	Self-Awareness, Self-Management, Responsible Decision Making
2	What Causes Stress?	Students will explore how certain things can feel more stressful for some people than others. They will also learn that laughter is a universal stress relief.	Self-Care, Assertiveness	Self-Awareness, Self-Management, Responsible Decision Making
3	Responding to Stress	Students will learn ways to respond pro-actively when they feel stress.	Self-Care, Assertiveness	Self-Awareness, Self-Management, Responsible Decision Making
4	Worry Box	Students will solidify what causes them stress and what they can do about it by writing strategies to relieve worry and stress.	Self-Care, Assertiveness	Self-Awareness, Self-Management, Responsible Decision Making
5	Kindness Project: Let's Be Kind! Campaign	Students will be able to evaluate ways to stand up for themselves and what they believe in without upsetting others.	Assertiveness	
6	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	
7	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	
8	Kindness Project: Random Acts of Kindness Club	Students will be able to analyze what it means to be kind by creating a Random Acts of Kindness Club.	All Kindness Concepts	



4th Grade, Unit 4 What Would You Do?

Students learn to make responsible choices and treat others with kindness in their communities. This unit includes skill building in responsible decision-making, collaboration, and appreciation for people and situations in our lives.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Kindness Scenarios	Students will discuss a scenario with a small group and share their reflections on how they can respond to different situations in kind and caring ways.	Caring, Gratitude, Respect, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
2	Spreading Generosity	Students will watch and discuss two video clips while reflecting on how they can show care for their community.	Caring, Gratitude, Respect, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
3	Toxic Swamp Crossing	Students will work together with a small group to cross any imaginary swamp.	Caring, Gratitude, Respect, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
4	Kindness Club	Students will be introduced to the Kindness Club and will plan what the structure of the group will be moving forward.	Caring, Gratitude, Respect, Responsibility	Self-Awareness, Social Awareness, Relationship Skills
5	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	
6	Kindness Project: Janitor Appreciation Day	Students will be able to discover what it means to show gratitude toward the janitors (or other people who help) at their school through an appreciation day.	Gratitude	
7	Kindness Project: Complimenting Others	Students will be able to discover what it means to compliment others, which is a way to show respect.	Respect	
8	Kindness Project: Responsible People in History	Students will be able to determine what responsibility means by studying responsible people from history.	Responsibility	

Kindness Symposium