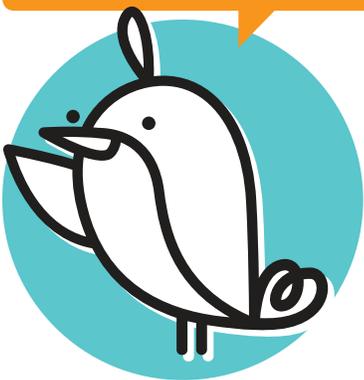Grade 4 • Ages 9-11

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.

Unit Objective

Student will identify positive ways that peers and family members show support, care, and appreciation for one another and their community, including learning to work as a team and analyze why being thankful is an important part of being kind to themselves and others.

Suggested Introduction

For the next few days, we are going to learn more about what it means to make a difference in our community through kind actions. What are some ways that we can show kindness in the community?

Allow time for students to respond and discuss, either as a class or in small groups. You can also use this time to introduce Kindness Concepts (caring, gratitude, responsibility) and create community definitions for these concepts or share the definitions listed below. Consider using the Kindness Concept Posters for caring, gratitude and responsibility as a way to reinforce learning.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.

These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

Kindness Concepts

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

CARING	Feeling and showing concern for others.
GRATITUDE	Being thankful for and appreciating what you have and those around you.
RESPECT	Treating people, places, and things with kindness.
RESPONSIBILITY	Being reliable to do the things that are expected or required in your life, home, community and environment.

YOUR NOTES

Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the Kindness Concept Posters during the unit. See the RAK Educator Guide and Building Trust in the Classroom for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

The Kindness Tool Kit is another way to meet the needs of diverse learners. See the RAK Educator Guide for how to create and use this tool kit.

RAK also has developed Focusing Strategies and Problem-Solving Strategies to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the RAK Educator Guide for more information about incorporating those strategies into the unit.

Establishing kindness as the norm in your classroom positively influences class-room culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone

Regularly revisiting the topics or questions raised during discussions will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A Learning Standards Key is provided on the website for your reference.

Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 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.	• What is the Kind Thing to Do? scenarios, cut apart before class • Large, self-adhesive poster sheet with "Ways to Be Kind" written at the top • RAK Journals • Kindness Concept Posters for Caring, Gratitude, Responsibility
Lesson 2: Spreading Generosity	Students will watch and discuss two video clips while reflecting on how they can show care for their community.	• The Foundation for a Better Life Generosity clip: http://www.values.com/inspirational-stories-tv-spots/92-generosity (30 sec.) • Clip about Joshua's Heart Foundation: https://www.youtube.com/watch?list=UUitWyaz7AzbX2zIPnP1ySgg (2 minutes) • RAK Journals • Kindness Concept Posters for Caring, Gratitude, Responsibility
Lesson 3: Toxic Swamp Crossing	Students will work together with a small group to cross any imaginary swamp.	• Masking tape • One "swamp boards" (sheets of paper or cardboard) per student • RAK Journals • Kindness Concept Posters for Respect and Responsibility
Lesson 4: Kindness Club	Students will be introduced to the Kindness Club and will plan what the structure of the group will be moving forward.	• Kindness Club materials will depend on how they choose to show kindness in the community • Optional: "Ways to be Kind" sheet from Kindness Scenario lesson • Kindnless Club Plan Sheet • Kindness Journal for the class • RAK Journals • Kindness Concept Posters for Caring, Gratitude, Responsibility