



5th Grade, Unit 1 Healthy Communication

Students learn to identify peer pressure and develop prosocial skills to communicate about and deal with their problems and emotions responsibly.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Gossip and Rumors	Students will be able to identify what rumors and gossip are and reflect on ways they can respond when they hear information that is untrue or unkind.	Assertiveness, Compassion, Respect	Self-Awareness, Social Awareness, Responsible Decision Making
2	Ways to Communicate	Students will be able to identify different ways of communicating With others and learn ways to communicate assertively.	Assertiveness, Compassion, Respect	Self-Awareness, Social Awareness, Responsible Decision Making
3	Steps to Apologize	Students will be able to identify ways to be an upstander instead of a bystander when they see someone being bullied.	Assertiveness, Compassion, Respect	Self-Awareness, Social Awareness, Responsible Decision Making
4	Steps to Forgiveness	Students will be able to learn how forgiving others can help them to live happier lives and they will make a plan to forgive someone in their life.	Assertiveness, Compassion, Respect	Self-Awareness, Social Awareness, 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: Reading Books to Younger Students	Students will be able to discover what it means to show compassion by reading books to younger students.	Compassion	
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: Kindness Posters	Students will be able to examine what it means to be kind by creating and displaying posters.	All Kindness Concepts	



5th Grade, Unit 2 Honesty and Integrity

Being able to make a choice to do the right thing in complex situations is an act of kindness to ourselves and others. Students understand how to respond to social situations with honesty and integrity.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Defining Honesty and Integrity	Students will be able to share what honesty and integrity mean to them with a small group.	Responsibility, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
2	How Honest Are You?	Students will be able to show how strongly they agree or disagree with a variety of statements.	Responsibility, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
3	Why Cheat?	Students will explore different cheating scenarios and explore how to react with integrity.	Responsibility, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
4	Consequences of Cheating	Students will explore the variety of ways people cheat and what the consequences of their actions are.	Responsibility, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
5	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	
6	Kindness Project: Kindness Flower Bed	Students will be able to develop self-discipline by creating a kindness tree/flower bed.	Self-Discipline	
7	Kindness Project: Self-Discipline in The News	Students will be able to demonstrate self-discipline by finding news stories about self-discipline.	Self-Discipline	
8	Kindness Project: Kindness Quotes	Students will be able to discover what it means to be kind by finding and reading quotes or sayings about kindness and committing to showing kindness.	All Kindness Concepts	



5th Grade, Unit 3 Taking Care of Ourselves

Caring how we feel and understanding our emotions shows kindness to ourselves and allows us to have empathy and respect for others at home or in social situations.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Our Emotional Selves	Students will be able to explain how families and peers can influence mental health and emotional well-being.	Self-Care, Respect	Self-Awareness, Self-Management, Social Awareness
2	Caring for Ourselves and Our Emotions	Students will observe how characters are portrayed in the media and whether or not they model respect and integrity.	Self-Care, Respect	Self-Awareness, Self-Management, Social Awareness
3 & 4	Feeling Self-Portraits	Students will think about their own emotions and make a colorful self-portrait. Students will share their portraits and the stories behind them with the class.	Self-Care, Respect	Self-Awareness, Self-Management, Social Awareness
	Optional Literacy Extension: Connecting Feelings to Literature	Students will read a piece of literature and look for examples of emotions, kindness, and respect.	Self-Care, Respect	Self-Awareness, Self-Management, Social Awareness
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: Being Respectful	Students will be able to identify examples of respectful and disrespectful behavior.	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: Kindness Check Lists	Students will be able to examine what it means to be kind through showing kindness to others.	All Kindness Concepts	



5th Grade, Unit 4 What Influences Us?

Being able to recognize who and what influences us, and how, helps us strengthen our personal values, make positive choices and resist negative peer pressure.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	The Greatest Influences	Students will explore what different emotions and how our emotions are influenced by others.	Respect, Responsibility, Integrity	Self-Awareness, Social Awareness, Responsible Decision Making
2	Media influences	Students will explore healthy ways to care for their own mental and emotional health.	Respect, Responsibility, Integrity	Self-Awareness, Social Awareness, Responsible Decision Making
3	Come Back With Courage Role-Play	Students will explore and practice respectful ways of saying no when they experience peer pressure.	Respect, Responsibility, Integrity	Self-Awareness, Social Awareness, Responsible Decision Making
4	Influencing Others	Students will think about how they can positively influence others and plan a class act of kindness.	Respect, Responsibility, Integrity	Self-Awareness, Social Awareness, Responsible Decision Making
5	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	
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: Respect Ribbon Campaign	Students will be able to analyze what it means to show respect through a campaign where they create and hand out respect ribbons.	Respect	
8	Kindness Project: Canned Food Drive	Students will be able to demonstrate responsibility to the community through a canned food drive.	Responsibility	

Kindness Symposium