

LESSONS 3 & 4

Responding with Kindness

Grade 6 • Ages 11-13

TIME FRAME

Preparation: 15 minutes

Instruction: Two to three 30 minute lessons

MATERIALS

Books or websites about peaceful activists.

Peaceful Change handout. One copy per student.

Computer lab or research documents

[Kindness Concept Posters:](#)

Compassion, Perseverance, Assertiveness, Respect and Firmness

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.RI.6.1, 2, 3; CCSS.ELA-Literacy.W.6.2, 7, 8, 9; CCSS.ELA-Literacy.SL.6.1, 1b; CCSS.ELA-Literacy.L.6.1

Colorado: Comprehensive Health S.3, GLE.1, EO.a,b,c, IQ.1; Reading, Writing and Communicating S.1, GLE.1, EO.d; S.4, GLE.1, EO.a,b,c; Social Studies S.1, GLE.1, EO.b,c

SEL - Social Awareness, Responsible decision making

[Learning standards key](#)

Peaceful Change

Students will research and examine international peace activists in history and present their findings to the class.

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.

COMPASSION Being aware when others are sick, sad, or hurt and wanting to help.

PERSEVERANCE Keep trying even when something is difficult, not giving up.

ASSERTIVENESS Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.

RESPECT Treating people, places, and things with kindness.

FAIRNESS Treating people in a way that does not favor some over others.

INTEGRITY Acting in a way you know to be right and kind in all situations.

SOCIAL MOVEMENT A group of people or an organized effort to change a political or social issue.



The RAK paradigm is the framework for teaching and building kindness skills.

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.



TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Having a graphic organizer to help students answer questions above.
- Being assigned a role, such as Researcher, Note Taker, Graphic Designer, etc. Some roles may require more than one person.

Resources

Lesson Plan: Youth and Social Movements: Key Lessons for Allies:
http://cyber.law.harvard.edu/sites/cyber.law.harvard.edu/files/KBWYouthandSocialMovements2012_0.pdf

Share (3 mins)

Share your list of 10 things you should say more often from **Responding with Kindness Role Plays** homework. Or make a list as a class of things people should say more often.

Inspire

Social Movements (10 mins)

We have been talking about what it means to show kindness and care for others. We can do this in simple ways by being kinder to the people in our family or in this class. A lot of people want to change the world to make it a better place. Sometimes people change the world through war, violence or by threatening others. There are also people who choose to change the world in peaceful ways.

Can anyone tell me what a social movement is or give me some examples of social movements?

A social movement is when people work together to bring about political or social change. For example, social reformers in America in the early 1900s wanted to reform local government, public education, medicine, industry, railroads, churches, and many other areas. Gandhi fought for Indian independence in the early 1900s. During the civil rights movement in the 1960s, leaders fought for the rights of African Americans. These are all social movements.

Empower

Peaceful Social Change (40 mins)

Choose one person or movement to research as a class and or allow students or small groups of students to research various movements.

Peaceful Social Activists: <http://www.biographyonline.net/people/world-peace.html> or http://www.ranker.com/list/notable-peace-activist_s/reference

- Mother Teresa
- Mahatma Ghandi
- Nelson Mandela
- Dr. Martin Luther King Jr.
- John Lennon
- Harriet Tubman
- Peace Pilgrims
- Malala Yousafzai
- Jane Fonda
- Leymah Gbowee

- Eleanor Roosevelt
- Elie Wiesel
- Khan Abdul Ghaffar Khan

Hand out the Peaceful Change Activity Sheet. After they complete their research, have students introduce their person or movement to the class.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What is a **social movement**?
- How have people approached social change peacefully?
- How do peaceful activists show **integrity, respect** and **assertiveness**?

Reflection Questions

- Do you think peaceful social change is as powerful as other forms of communicating the need for social change?
- If you were going to lead a peaceful social movement what would it be? How would you go about it?
- Did you feel inspired by these stories? Why or why not?

Summary

We've been talking about peaceful ways to inform people about social change. Acting peacefully involves integrity, assertiveness, respect and kindness. These are not easy things to maintain when you're feeling strong emotions about what is fair.



Act (2 mins)

Kindness Minute

Stage your own mini peace march. Walk around the classroom, or school for a few minutes wishing everyone well and giving out compliments to people you pass.

Kindness in Action

Complete the home extension activity.



Change Through Peace

NAME(S)

Name of activist or movement.

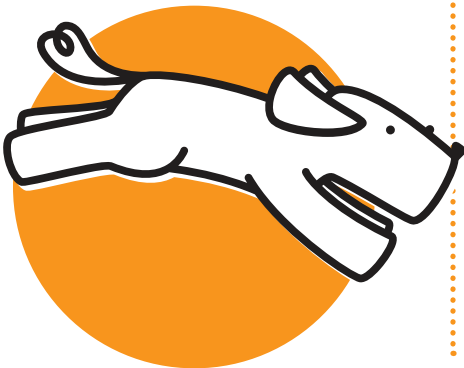
What did the person or the people in this movement hope to accomplish?

What did they accomplish?

How did they respond to the way they were treated while they were fighting for change?

Can you find examples of how these leaders responded with dignity in the face of adversity or resistance?

Which of the following did these leaders show and how: Compassion? Perseverance? Respect? Self-Care? Assertiveness? Fairness?



Home Extension Activity

NAME

PLEASE RETURN BY

Background

As part of the Random Acts of Kindness program, we have been talking about how to respond in a healthy way when we face difficult situations.

Vocabulary Words

COMPASSION Feeling deep sympathy for and/or a desire to help someone.

PERSEVERANCE Keep going in spite of difficulties or obstacles, not giving up.

SELF-CARE Learning how to care for yourself mentally, physically, emotionally, and spiritually and then doing it. Using positive, encouraging language when speaking to yourself; not beating yourself up over mistakes or perceived failures way.

Instructions

Please review the vocabulary words above. Ask your student what he or she has been learning about these ideas. Then discuss the following questions and write or have your student write responses below or on the back and return to school by the date shown:

Are you facing a difficult situation right now? Are there healthy ways that you can respond?

What ways can we help and support you?

