



6th Grade, Unit 1 Becoming an Upstander

Recognizing and understanding the consequences of violent and bullying behaviors is important for learning how to respond as an upstander.

| Week | Lesson / Project Title | Lesson Objectives | Kindness Concepts | SEL Competencies |
|------|--|---|------------------------------------|---|
| 1 | What is Bullying? | Students will watch two short video clips and participate in a discussion about bullying. | Assertiveness, Compassion, Respect | Self-Awareness, Social Awareness, Relationship Skills |
| 2 | Becoming an Upstander Means Taking Risks | Students will participate in a discussion about risk taking to better understand how they can be an upstander in a bullying situation. | Assertiveness, Compassion, Respect | Self-Awareness, Social Awareness, Relationship Skills |
| 3 | Consequences of Violence and Bullying | Students will discuss the short-term and long-term consequences of violence and bullying with a small group. | Assertiveness, Compassion, Respect | Self-Awareness, Social Awareness, Relationship Skills |
| 4 | Cyber-Bullying Roleplays | Students will act out different cyber-bullying role-play scenarios and discuss how an upstander might make a difference in the situation. | Assertiveness, Compassion, Respect | Self-Awareness, Social Awareness, Relationship Skills |
| 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 while respecting the rights of others. | Assertiveness | |
| 6 | Kindness Project: Creating a Respectful Classroom | Students will be able to discuss and implement ways to create a respectful classroom. | Respect | |
| 7 | Kindness Project: Compassion Videos | Students will be able to examine ways of showing compassion through watching and discussing video clips. | Compassion | |
| 8 | Kindness Project: Kindness Checklists (for RAK Week) | Students will be able to examine what it means to be kind through showing kindness to others. | All Kindness Concepts | |



6th Grade, Unit 2 Being Kind to Ourselves

Being aware of emotions is important for developing and maintaining mental health, engaging in learning and building strong, positive relationships.

| Week | Lesson / Project Title | Lesson Objectives | Kindness Concepts | SEL Competencies |
|------|---|---|---|---|
| 1 | Reflecting on Self-Kindness | Students will think and reflect on self-kindness and how to be kind to them. | Self-Care, Respect, Assertiveness, Perseverance | Self-Awareness, Social Awareness, Self-Management |
| 2 | Finding our Resilience | Students will learn about resilience and how perseverance and positivity can have an impact on our lives. | Self-Care, Respect, Assertiveness, Perseverance | Self-Awareness, Social Awareness, Self-Management |
| 3 | Positive Self-Talk | Students will learn about positive self-talk and how our thoughts can shape our lives. They will practice reframing their thinking. | Self-Care, Respect, Assertiveness, Perseverance | Self-Awareness, Social Awareness, Self-Management |
| 4 | Monitoring Your Well-Being | Students will take a close look at how their personal habits and well-being are directly connected. | Self-Care, Respect, Assertiveness, Perseverance | Self-Awareness, Social Awareness, Self-Management |
| 5 | Kindness Project: Forgiving Others | Students will be able to evaluate what it means to forgive others and determine some ways to forgive. | Self-Care | |
| 6 | Kindness Project: Respectful Team Player | Students will be able to evaluate and implement ways to become a respectful team member. | Respect | |
| 7 | Kindness Project: Persevering Through Adversity | Students will be able to examine what perseverance means by discussing the life of a famous person who faced obstacles. | Perseverance | |
| 8 | Kindness Project: Let's Be Kind! Campaign | Students will be able to evaluate ways to stand up for themselves and what they believe in while respecting the rights of other. | Assertiveness | |



6th Grade, Unit 3 Resolving Conflicts Peacefully

Being able to stay in control of their anger and resolve conflicts in respectful and kind ways, helps students get along with others, cope with stressful situations and focus on learning.

| Week | Lesson / Project Title | Lesson Objectives | Kindness Concepts | SEL Competencies |
|------|---|---|--|---|
| 1 | Understanding Anger | Students will use a video to write and illustrate what makes them angry; what anger looks like, sounds like, and feels like; and ways to manage their anger. | Respect, Assertiveness, Self-Discipline, Integrity | Self-Awareness, Social Awareness, Self-Management |
| 2 | But I'm Mad! | Students will be able to recognize what anger presents itself as and learn some techniques for handling it productively. | Respect, Assertiveness, Self-Discipline, Integrity | Self-Awareness, Social Awareness, Self-Management |
| 3 | Talk It Out | Students will practice using respectful speaking and listening, and use words that are helpful not hurtful when expressing anger. | Respect, Assertiveness, Self-Discipline, Integrity | Self-Awareness, Social Awareness, Self-Management |
| 4 | Diffuse the Situation | Students will identify and role play conflict resolution strategies, and be able to differentiate between positive and negative strategies. | Respect, Assertiveness, Self-Discipline, Integrity | Self-Awareness, Social Awareness, Self-Management |
| | Optional Community Awareness Campaign | Students will be able to extend their knowledge about resolving conflicts to the larger school community, by designing an awareness campaign. | Respect, Assertiveness, Self-Discipline, Integrity | Self-Awareness, Social Awareness, Self-Management |
| 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 while respecting the rights of others. | Assertiveness | |
| 6 | 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 | |
| 7 | Kindness Project: Respectful Team Player | Students will be able to evaluate and implement ways to become a respectful team member. | Respect | |
| 8 | Kindness Project: Kindness Flower Bed | Students will be able to develop self-discipline by creating a kindness tree/flower bed. | Self-Discipline | |



6th Grade, Unit 4 Responding With Kindness

Students learn to effectively use mental and emotional processes to help them succeed in kind ways.

| Week | Lesson / Project Title | Lesson Objectives | Kindness Concepts | SEL Competencies |
|-------|--|---|--|---|
| 1 | Lifting People Up | Students will watch a video example of someone lifting someone else up when they re feeling down and explore the parts of a positive feedback loop. | Compassion, Perseverance, Self-Care, Assertiveness, Respect, Fairness, Integrity | Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Responsible Decision Making |
| 2 | Responding With Kindness Role-Plays | Students will practice reacting and responding to difficult situations with kindness and integrity. | Compassion, Perseverance, Self-Care, Assertiveness, Respect, Fairness, Integrity | Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Responsible Decision Making |
| 3 & 4 | Peaceful Change | Students will research and examine international peace activists in history and present their findings to the class. | Compassion, Perseverance, Self-Care, Assertiveness, Respect, Fairness, Integrity | Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Responsible Decision Making |
| | Optional Lesson: School Community Outreach | Students will take the learning from the previous lessons and create a community outreach program. | Compassion, Perseverance, Self-Care, Assertiveness, Respect, Fairness, Integrity | Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Responsible Decision Making |
| 5 | Kindness Project: Compassion Discussion and Role Plays | Students will be able to analyze what it means to show compassion through their words and actions. | Compassion | |
| 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: Persevering Through Adversity | Students will be able to examine what perseverance means by discussing the life of a famous person who faced obstacles. | Perseverance | |
| 8 | Kindness Project: Respect Journals | Students will be able to examine ways to show respect to themselves and other through journaling. | Respect | |

Kindness Symposium