



LESSON

2

Being Kind to Ourselves Unit Grade 6 • Ages 11-13

TIME FRAME

Preparation: 10 minutes
Instruction: 30 minutes

MATERIALS

YouTube clip No Arms No Legs No Worries (4min10sec) : <http://www.youtube.com/watch?v=nIEzjN1cgZs>

RAK Journals

[Kindness Concept Posters:](#)
Perseverance, Self-Care, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.6.1, 1b-d, 2;

Colorado: Comprehensive Health S.3,
GLE.1, EO.a,b,c, IQ.1; Reading, Writing
and Communicating S.1, GLE.1, EO.d.ii,
iii, e

SEL: Self-awareness, Social awareness,
Self-management

[Learning standards key](#)

Finding our Resilience

Students will learn about resilience and how perseverance and positivity can have an impact on our lives.

Lesson Background for Teachers

This lesson builds on the previous lesson in this unit.

Resilience is the ability to adjust to change, endure difficulty and rebound from set backs. This ability can be strengthened or compromised through our beliefs, external factors and skills. By developing resilience in children, we arm them for what they will encounter in their lives and set them up for a greater chance of success.

Key Terms for Students

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

SELF-CARE Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.

RESPECT Treating people, places, and things with kindness.

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

RESILIENCE The ability to bounce back or stay strong during times of difficulty or stress.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Discussing the questions with a partner.
- Connecting the discussion to the Kindness Concept definitions, reminding students that they can take care of themselves too.

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.



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



Resources

Nick Vujicic's foundation, Attitude is Altitude: <https://www.attitudeisaltitude.com>

Documentary about resilient school children:
I Am a Promise: The Children of Stanton Elementary School

Edutopia Article: Resources for Supporting Resilience:
<http://www.edutopia.org/article/resilience-resources>.

Share (3 mins)

What are some healthy things we can do when we feel stressed out to help us blow off some steam?

Inspire

Video (5 mins)

Today we are going to discuss more about what you think it means to show kindness to ourselves. First, let's watch a clip about Nick Vujicic (pronounced: Voy chik), a man who was born without arms and legs.

YouTube clip No Arms No Legs No Worries (4min10sec)
<http://www.youtube.com/watch?v=nIEzjN1cgZs>

Empower

Resilience Discussion (15 mins)

Then use the following questions to lead a discussion. Write responses on the board as necessary.

- What do you think of the clip?
- Nick said when he was young he felt sad and sorry for himself and thought he would never have a job or get married or do anything with his life. However, once he started to treat himself with kindness he accomplished many things. In the video, what do we see him doing? (Playing soccer, diving, sliding down a water slide, fishing, boating.)
- He explains to the students in the video that it is easy to be angry at life because of their situation or because of life's storms. What does he suggest that people should do instead? (Be thankful, smile, realize that it is a lie to think you aren't worth anything, be patient, dream big, and never give up.)
- Resilience is the ability to bounce back or stay strong during times of difficulty or stress. In what ways did Nick show his **resilience**?
- Nick showed **perseverance** by not giving up. Do you think this is a way to care for ourselves? Why or why not?
- Do you think being kind to ourselves can make a difference in our lives? Why or why not? (Possible answers: It can help us be more confident, set goals and try to reach them, have dreams, etc.)
- What are some ways that we can be kind to ourselves? (Possible answers: Believe in ourselves, realize we aren't perfect, never give up, realize it's okay to make mistakes, etc.)

Wrap Up (5 mins)

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

Evaluation Questions

- What is **perseverance**?
- What is **resilience**?
- How do these concepts show **self-care**?

Reflection Questions

- What things can we say or do to show kindness to ourselves?
- Do you think believing in yourself is a way to show kindness to yourself? Why or why not?
- Were you inspired by Nick's story? Why?

Summary

Being kind to ourselves means accepting ourselves for who we are and seeing that we all have strengths and value. We learned about one man who shows us how he overcame his obstacles. We all have the ability to be kind to ourselves and not limit ourselves through negative thinking.



Act (2 mins)

Kindness Minute

Get in groups of 3. Tell one of the people in your group something positive about the third person in your group. Take turns until everyone has had a compliment passed on.

Kindness in Action

Write in your RAK Journal about a time you wanted to give up, but instead persevered.

