



LESSON

3

Understanding Each Other Unit

Grade 7 • Ages 12-14

TIME FRAME

Preparation: 10 minutes
Instruction: 30-60 minutes

MATERIALS

Video: 9 Year Old Girl Suspended for Shaving Her Head to Support Friend with Cancer | ABC News (1 min 46 sec) <https://www.youtube.com/watch?v=FYzgHzsGpAI> OR news article: Mom's Touching Note Thanks American Girl For Displaying Bald Dolls: <http://www.huffingtonpost.com/entry/moms-touching-note-thanks-american-girl-for-displaying-bald-dolls>

Newspapers or Magazines, either online or hard copy

RAK Journals

Kindness Concept Posters:
Compassion, Caring, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.RI.7.1, 2, 3; CCSS.ELA-Literacy.W.7.1; CCSS.ELA-Literacy.SL.7.1, 2, 4; CCSS.ELA-Literacy.L.7.1, 2 Colorado: Comprehensive Health S.3, GLE.1, EO.a; Reading, Writing and Communicating S.1, GLE.2, EO.b,c; S.2, GLE.2, EO.a.i-iii; S.3, GLE.2, EO.a

SEL: Self-awareness, Social awareness, Responsible decision making

[Learning standards key](#)

Kindness in the News

Students will search for articles that show caring, concern and kindness and report what they find to their peers.

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.

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|-------------------|---|
| COMPASSION | Being aware when others are sick, sad, or hurt and wanting to help. |
| RESPECT | Treating people, places, and things with kindness. |
| CARING | Feeling and showing concern for others. |

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Finding images rather than written articles, particularly if this is a challenging area for them. Prep students by showing two images that you have found side by side (projected on a Smart Board or walk around the room showing printed images), one with arrows pointing in to show how the image shows kindness and brings the world together and the other with arrows pointing out to show conflict pulling the world apart. Students could sort the kind images they find and create a kindness poster.
- Creating a bulletin board of examples (written or images) where people did things to make a difference in the world through kindness.

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

Global News Stories: <http://globalnews.ca/tag/random-acts-of-kindness/>

Huffington Post Stories: Random Acts of Kindness: <http://www.huffingtonpost.com/news/random-acts-of-kindness/>

Huffington Post Good News: <http://www.huffingtonpost.com/good-news/>

Share (3 mins)

Share with a partner a time when you saw someone do something nice for someone else. As the teacher, model this by sharing one of your own experiences with the class first.

Inspire

Good News (5 mins)

Show video: <https://www.youtube.com/watch?v=FYzgHzsGpAI>

Or print and share this article:

Mom's Touching Note Thanks American Girl For Displaying Bald Dolls: <http://www.huffingtonpost.com/entry/moms-touching-note-thanks-american-girl-for-displaying-bald-dolls>.

Empower

Kindness in the News (15-45 mins)

*Today we are going to look for your own good news articles and report back to your classmates what you found. When searching for articles think about how people show **compassion, care** and **kindness** to others and themselves.*

Have the students work in groups or individually to look through the newspaper or magazines (online or print version) for stories about acts of kindness in the community, the nation, or the world.

Have students write a short summary of the article and write a paragraph about why they think the article shows kindness or respect.

Then have students share their summary and paragraph with the class.

If desired: Keep a file of all clippings and make a "kindness book" to be handed down through the years.

Optional: Connect with the Communicating Effectively 7th Grade lesson, students could look at kindness and conflict as part of the Government Conflict and Collaboration Lesson. After the student presentations, discuss how the conflicts uncovered have led to division in the world, and how acts of kindness have helped to bring people in communities and nations together.

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

- Where are some places you can find positive news stories?
- What is the most surprising story you heard today?
- How did the stories you heard today embody **compassion**?

Reflection Questions

- Which act of kindness or respect that you heard today had the most impact on you?
- Do you think we hear enough about good news in the media? Why or why not?
- Do you think it would change the world or people if we heard more good news in the media?

Summary

We are inundated with news stories about all the terrible things that happen in the world, but there is good all around us as well. People showing compassion, care and kindness to those around us.



Act (2 mins)

Kindness Minute

Show an act of respect and kindness for someone you love by sending them a text or message to tell them you love them. If you can't text, write a tiny note and slip it to them the next time you see them.

Kindness in Action

Pretend you are a journalist and have to discover something good happening in your community. Find something happening right now or make up your own idea and write your own good news newspaper article.

