



LESSON

2

Understanding Each Other Unit

Grade 7 • Ages 12-14

TIME FRAME

Preparation: 10 minutes

Instruction: 30 minutes

MATERIALS

Note cards with holes punched in the top

String or ribbon, cut in varying lengths, enough for each student to have three pieces of string

Nine metal hangers, enough to make three "Self Respect," three "Respect at School," three "Respect in the Community" mobiles

[Kindness Concept Posters:](#)

Compassion, Caring, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.7.1, 2; 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

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

[Learning standards key](#)

Respect Mobiles

Students will learn about and brainstorm ideas for showing respect to themselves, their school and their community.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

Visit our [Creating Trust in the Classroom](#) resource.

Article: Anti-Defamation League: How Can You Create A Learning Environment that Respects Diversity? <http://www.adl.org/assets/pdf/education-outreach/How-Can-You-Create-a-Learning-Environment-That-Respects-Diversity.pdf>

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.

RESPECT Treating people, places, and things with kindness.

CARING Feeling and showing concern for others.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Referencing their journal responses from the [Visual Responses Activity](#) for ideas if they are stuck.
- Having different colored cards: blue for Self, green for School, yellow for Community so they can be sorted more easily.

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

Video: Planting the Seeds of Respect: Exploring and Celebrating Our Differences
<https://www.youtube.com/watch?v=Sg7Uv2lxtac>

Share (2 mins)

Share as a class something you have learned about a different culture and where you learned it. As the teacher, start by sharing something from your own experience.

Inspire

Showing Respect (5 mins)

Today we are going to think about ways we can show respect to ourselves and people in our school or community who may be different from us. We can show respect through:

(Write the following on the board)

- Our thoughts
- Our actions
- Our words
- Modeling language and behavior
- Consideration of others
- Accepting what you don't know
- Educating ourselves and others
- Questioning our assumptions

Empower

Respect Mobiles (15 mins)

Now we are going to come up with some ideas of HOW we can do this.

Hand each student three note cards with holes punched in the top.

You have three cards, write these three topics on the cards, one per card, but leave room to write your example. The topics are: Self, School and Community. Write one or more SPECIFIC ways they can show respect in these three areas. Write big enough so that people can read it from pretty far away. After writing your ideas on note cards, we will make mobiles to display around the classroom (and the school if you want).

Write "Self" "School" and "Community" on the board.

Have students share their ideas, and write them on the board as they share.

Hand out strings to the students, and have them attach the strings to their note cards. Then, have them tie their respect cards to the "Self Respect," "Respect at School" and "Respect in the Community" mobiles and hang them around the classroom. You could have three of each mobile, or enough to hold the note cards.

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 are some general ways we can show **respect**?
- What are the three areas where we can demonstrate **respect**?
- What are some specific ways we can show **respect**?

Reflection Questions

- We talked about three areas where we can show **respect**, but there are many more. What other areas can you think of?
- Which of the areas of **respect** do you think is hardest to achieve? Why?
- How can we model **respect**?

Summary

Showing respect is essential if we want to receive respect. By learning various ways we can show our respect for others, we get closer to living with more kindness in our lives through our own actions and others actions towards us! Being respectful of yourself models the way you want others to treat you. With kindness.



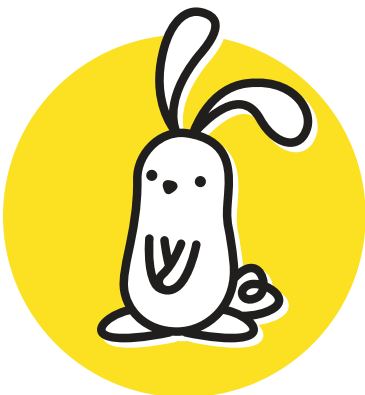
Act (2 mins)

Kindness Minute

Hang your mobiles in the classroom or the hall to inspire and educate other students who see them.

Kindness in Action

Share the concepts we've been talking about with the people you live with. Complete and return the Home extension activity.



Home Extension Activity

NAME

PLEASE RETURN BY

Background

As part of the Random Acts of Kindness program, we have been discussing how to respect ourselves and others. Some approaches we've discussed are through:

- Our thoughts
- Our actions
- Our words
- Modeling language and behavior
- Consideration of others
- Accepting what you don't know
- Educating ourselves and others
- Questioning our assumptions

Ask your student what he or she has learned about these approaches.

Vocabulary Words

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

RESPECT Treating people, places, and things with kindness.

Instructions

Review the vocabulary words listed above. Then discuss these questions and have your student write responses in the space provided or on the back and return to school by the date shown:

What are some ways that we can respect others?

What are some ways that we can respect ourselves?

What are some ways that we can show respect in our home?

