



7th Grade, Unit 1 Active Listening

Understanding why it's important to consciously listen in order to check assumptions, change attitudes and show respect for others.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Active Listening	Students will learn the components of active listening and connect them to kindness.	Caring, Compassion, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Self-Management
2	What Does Listening Mean to You?	Students will make a personal connection to listening and explore the value and the challenges of being a good listener.	Caring, Compassion, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Self-Management
3	Sounds Like Game	Students will play a game that demonstrates how distractions make it harder to listen to other people.	Caring, Compassion, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Self-Management
4	Active Listening Skills	Students will practice active listening skills with a partner.	Caring, Compassion, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Self-Management
5	Kindness Project: Free Coffee / Hot Chocolate Stand	Students will be able to show caring for people by offering them free coffee and hot chocolate.	Caring	
6	Kindness Project: Compassion Videos	Students will be able to examine ways of showing compassion through watching and discussing video clips.	Compassion	
7	Kindness Project: Creating a Respectful Classroom	Students will be able to discuss and implement ways to create a respectful classroom.	Respect	
8	Kindness Project: Kindness Flower Bed	Students will be able to develop self-discipline by creating a kindness tree/flower bed.	Self-Discipline	



7th Grade, Unit 2 Communicating Effectively

Expressing personal needs in effective ways, showing empathy, being able to negotiate & compromise are important communication skills for building positive, healthy relationships.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Speaking Skills	Students will learn effective communication skills and practice in pairs.	Assertiveness, Gratitude, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
2	Negotiations Skills	Students will learn appropriate ways of negotiating something they need using effective communication skills.	Assertiveness, Gratitude, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
3	"I" Messages	Students will learn to use "I" messages when communicating with others.	Assertiveness, Gratitude, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
4	Showing Gratitude	Students will explore the benefits of expressing gratitude through email or letter writing.	Assertiveness, Gratitude, Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision Making
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 without upsetting others.	Assertiveness	
6	Kindness Project: Janitor Appreciation Day	Students will be able to discover what it means to show gratitude toward the janitors (or other people who help) at their school through an appreciation day.	Gratitude	
7	Kindness Project: Random Acts of Kindness Club	Students will be able to describe what kindness means by creating a Random Acts of Kindness Club.	All Kindness Concepts	
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	



7th Grade, Unit 3 Coping With Stress

Students learn about stress—what it is and how it affects them; and identify their own personal ways of coping with stress.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Stressed Out	Students will be introduced to stress; how it can be both beneficial and overwhelming.	Responsibility, Self-Care, Self-Discipline	Self-Awareness, Social Awareness, Self-Management
2	Personal Stressors	Students will explore how stress affects people differently and examine their personal stressors.	Responsibility, Self-Care, Self-Discipline	Self-Awareness, Social Awareness, Self-Management
3	Reducing Your Stress	Students will learn about what stress looks like and feels like in their own bodies and explore techniques to dissipate stress.	Responsibility, Self-Care, Self-Discipline	Self-Awareness, Social Awareness, Self-Management
4	Care vs. "Over" Care Activity	Students will learn the difference between taking care of themselves and making things more difficult on themselves by thinking too much and creating more stress.	Responsibility, Self-Care, Self-Discipline	Self-Awareness, Social Awareness, Self-Management
5	Kindness Project: Searching and Publishing Kindness Stories	Students will be able to examine what kindness means through gathering and writing stories about kindness.	All Kindness Concepts	
6	Kindness Project: Canned Food Drive	Students will be able to demonstrate responsibility to the community through a canned food drive.	Responsibility	
7	Kindness Project: Forgiving Others	Students will be able to evaluate what it means to forgive others and determine some ways to forgive.	Self-Care	
8	Kindness Project: Kindness Flower Bed	Students will be able to develop self-discipline by creating a kindness tree/flower bed.	Self-Discipline	



7th Grade, Unit 4 Understanding Each Other

Students will apply perspective taking to learn about and show compassion for others' challenges.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	The "R" Word	Students will watch videos to learn about diverse populations of people and how we can respect others through learning about whom they are and where they come from.	Compassion, Respect, Caring	Social Awareness, Self-Awareness, Responsible Decision Making
2	Respect Mobiles	Students will learn about and brainstorm ideas for showing respect to themselves, the school and their community.	Compassion, Respect, Caring	Social Awareness, Self-Awareness, Responsible Decision Making
3	Kindness in the News	Students will search for articles that show caring, concern, and kindness and report what they find to their peers.	Compassion, Respect, Caring	Social Awareness, Self-Awareness, Responsible Decision Making
4	Immigration	Students will explore different a wave of immigration throughout history why people and emigrate.	Compassion, Respect, Caring	Social Awareness, Self-Awareness, 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: Artifacts of Caring	Students will be able to discover what artifact from their lives reflects caring and kindness.	Caring	
7	Kindness Project: Respect Journals	Students will be able to examine ways to show respect to themselves and other through journaling.	Respect	
8	Kindness Project: Random Acts of Kindness Week (school wide activity)	Students will be able to discover what it means to be kind through Random Acts of Kindness Week activities.	All Kindness Concepts	

Kindness Symposium