

Grade 8 • Ages 14-16

Kindness is an intrinsic quality of the heart expressed through an act of benevolence reflecting care and good will for self and others.



These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

I Am

Students learn about identity; how they see themselves and how their perceptions of self and other are influenced by family, culture and media.

Unit Objective

Students will be able to analyze how culture, media, and others influence personal feelings and emotions and describe how personal and family values and feelings influence choices.

Introducing This Unit To Your Students

For the next few lessons, we are going to talk about our families and how their values and ideas influence our ideas. What are some ways that your family's values or feelings have impacted you? Do you believe the same or different things from your family?

Allow time for students to respond. You can use this time to introduce the Kindness Concepts (respect, self-care, responsibility) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for respect and self-care as a way to reinforce learning.

Kindness Concepts

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

RESPECT Treating people, places, and things with kindness.

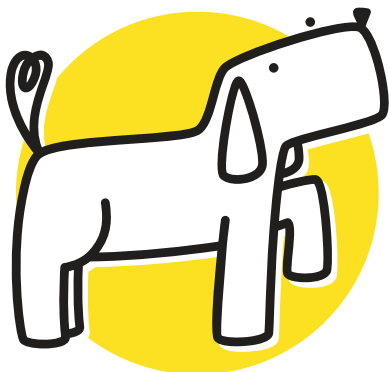
SELF-CARE Taking care of yourself through kind words, actions and thoughts.

RESPONSIBILITY Being reliable to do the things that are expected or required in your life, home, community and environment.

Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Identity	Students will explore their the concept of identity and apply it to themselves to create an identity chart.	<ul style="list-style-type: none">• Before class, create an Identity Circle as described in the activity to model for students. You could also draw the model on the board.• RAK Journals• Kindness Concept Posters: Respect, Self-Care
Lesson 2: Identity Round Robin	Students will take time to explore their own identities and learn about the identities of their classmates.	<ul style="list-style-type: none">• You will need a larger space for this activity• RAK Journals• Kindness Concept Posters: Respect, Self-Care
Lesson 3: "I Am" Poems	Students will write a poem that explores and describes their identity.	<ul style="list-style-type: none">• Before class, create your own "I Am..." poem to share with students during the activity• Other examples of I Am...poems from Resources• I Am....Poem Planning Guide, one for each student• RAK Journals• Kindness Concept Posters: Respect, Self-Care
Lesson 4: Messages in the Media	Students will explore how the media alters images to send us unrealistic messages and create their own positive message posters to counter those messages.	<ul style="list-style-type: none">• 5-10 Fashion, sports and popular magazines• Sticky notes, some for each group of three to four students• Dove "Evolution" clip (1 min 15 sec): https://www.youtube.com/watch?v=Q5qZedMTkkE• Poster board or paper, one for each group of three to four students• Markers & RAK Journals• Kindness Concept Posters: Respect, Self-Care



Unit Notes

Trigger warning: Talking about emotions and situations where strong emotions arise can lead to students revealing personal information that might require follow-up by yourself or a school counselor. If a student reveals any worrisome information or reaction, please know your school protocol for providing support and resources. Before class, find out the school policy about reporting a concern about a student's mental health to a school counselor or administrator

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Establishing kindness as the norm in your classroom positively influences classroom culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone

Revisiting the topics or questions raised during discussions regularly will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

