



8th Grade, Unit 1 Choosing Kindness

Students will be able to recognize bullying in social relationships, and understand what they can do about it.

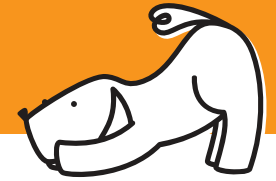
Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	What is Bullying?	Students will work with a small group to discuss what bullying is and share how they would react in different bullying scenarios.	Assertiveness, Caring, Responsibility, Respect	Self-Awareness, Social Awareness, Relationship Skills
2	Becoming an Upstander!	Students will watch two video clips and discuss what it means to be an upstander in a bullying situation.	Assertiveness, Caring, Responsibility, Respect	Self-Awareness, Social Awareness, Relationship Skills
3	Walking in Someone Else's Shoes	Students will practice showing empathy for a person who is bullied by reading a scenario written by one of their classmates and answering a series of questions.	Assertiveness, Caring, Responsibility, Respect	Self-Awareness, Social Awareness, Relationship Skills
4	Creating a Kind Community at School	Students will create an action plan on how they can create a kinder community at school.	Assertiveness, Caring, Responsibility, Respect	Self-Awareness, Social Awareness, Relationship Skills
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 while respecting the rights of others.	Assertiveness	
6	Kindness Project: Baskets of Caring	Students will be able to show caring for people who need help (like the homeless or elderly in need) by creating baskets of food or goods to deliver.	Caring	
7	Kindness Project: Respectful Team Player	Students will be able to evaluate and implement ways to become a respectful team member.	Respect	
8	Kindness Project: Coat, Glove, Hat Drive	Students will be able to demonstrate responsibility to the community through a canned food drive.	Responsibility	



8th Grade, Unit 2 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.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Identity	Students will explore the concept of identity and apply it to themselves to create an identity chart.	Respect, Self-Care, Responsibility	Self-Awareness, Self-Management, Responsible Decision Making
2	Identity Round Robin	Students will take time to explore their own identities and learn about the identities of their classmates.	Respect, Self-Care, Responsibility	Self-Awareness, Self-Management, Responsible Decision Making
3	I Am... Poem Activity	Students will write a poem that explores and describes their identity.	Respect, Self-Care, Responsibility	Self-Awareness, Self-Management, Responsible Decision Making
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.	Respect, Self-Care, Responsibility	Self-Awareness, Self-Management, Responsible Decision Making
5	Kindness Project: Canned Food Drive	Students will be able to demonstrate responsibility to the community through a canned food drive.	Responsibility	
6	Kindness Project: Respect Journals	Students will be able to examine ways to show respect to themselves and others through journaling.	Respect	
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: 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	



8th Grade, Unit 3 Peer Pressure

Students will be able to analyze how avoiding negative peer pressure shows kindness toward themselves and others and can positively influence their mental health.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Egg and Bottle	Students will discuss the affects of pressure on their thinking and their lives.	Responsibility, Respect, Assertiveness, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
2	Peer Pressure	Students will watch some video clips about peer pressure and discuss how these relate to their own lives.	Responsibility, Respect, Assertiveness, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
3	Responding to Peer Pressure	Students will explore different ways they feel pressure, strategies for responding to peer pressure and ways of being an upstander.	Responsibility, Respect, Assertiveness, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
4	Real Time Response	Students will think of realistic ways they can respond to common pressures they may face, both positive and negative.	Responsibility, Respect, Assertiveness, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
	Optional Language Arts Extension: Facing Tough Situations Book Report	Students will read a novel and explore how the characters face tough challenges with integrity, respect and assertiveness, then relate the story to their own lives.	Responsibility, Respect, Assertiveness, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
	Optional Research Project: Standing Up For The Rights of Others	Students will research people in history who have stood up for the rights of others.	Responsibility, Respect, Assertiveness, Integrity, Self-Discipline	Self-Awareness, Self-Management, Responsible Decision Making
5	Kindness Project: Handling Conflict with Integrity	Students will be able to identify ways to show integrity in their actions during a conflict.	Integrity	
6	Kindness Project: Let's Be Kind Campaign!	Students will be able to evaluate ways to stand up for themselves and what they believe in while respecting the rights of others.	Assertiveness	
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	



8th Grade, Unit 4 Self Esteem

Students will analyze internal factors that contribute to mental and emotional health.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Self-Esteem Quotes	Students will explore the concepts and examine various quotes about respect, self-esteem, and self-compassion.	Assertiveness, Gratitude, Self-Care, Respect, Compassion	Self-Awareness, Self-Management, Responsible Decision Making
2	Messages We Send	Students will play a game and have a discussion around how negative thoughts and comments, from others and ourselves, can affect our self-esteem.	Assertiveness, Gratitude, Self-Care, Respect, Compassion	Self-Awareness, Self-Management, Responsible Decision Making
3	Self-Image and Self-Esteem	Students will explore the term self-image and how it is connected to self-esteem.	Assertiveness, Gratitude, Self-Care, Respect, Compassion	Self-Awareness, Self-Management, Responsible Decision Making
4	Spreading a Positive Word in the Community	Students will create a campaign to spread positivity into the school community.	Assertiveness, Gratitude, Self-Care, Respect, Compassion	Self-Awareness, Self-Management, Responsible Decision Making
5	Kindness Project: Being Grateful	Students will be able to evaluate ways they show gratitude to friends and family.	Gratitude	
6	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	
7	Kindness Project: Let's Be Kind! Campaign	Students will be able to evaluate ways to stand up for themselves and what they believe in while respecting the rights of others.	Assertiveness	
8	Kindness Project: Respectful Team Player	Students will be able to evaluate and implement ways to become a respectful team member.	Respect	

Kindness Symposium