



Kindergarten, Unit 1 Caring For Others

Students will identify ways to show respect, consideration and care to others.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Kindness Song	Students will be introduced to the concept of kindness and learn way be kind.	Respect, Caring, Helpfulness, Kindness	Self-Awareness, Social Awareness, Relationship Skills
2	Kindness Bingo	Students will become familiar with different ways to be kind to ourselves, others, the environment, and our community.	Respect, Caring, Helpfulness	Self-Awareness, Social Awareness, Relationship Skills
3	How Full Is Your Bucket?	Students will be introduced to the idea of how kind acts affect people.	Caring, Helpfulness, Respect	Self-Awareness, Social Awareness, Relationship Skills
4	(Option 1) Filling Buckets	Students will gain experience performing kind acts and reflecting on them.	Caring, Helpfulness, Respect	Self-Awareness, Social Awareness, Relationship Skills
4	(Option 2) Kindness Bucket Book	Students will reflect on ways to be kind and caring to others and fill their buckets.	Caring, Helpfulness, Respect	Self-Awareness, Social Awareness, Relationship Skills
5	Kindness Project: Caring Book	Students will be able to identify ways to show caring to someone in their lives and create a book that shows caring.	Caring	Self-Awareness, Social Awareness, Relationship Skills
6	Kindness Project: Helpfulness	Students will be able to identify ways they can be helpful at home or school and practice those ways.	Helpfulness	Self-Awareness, Social Awareness, Relationship Skills
7	Kindness Project: Respecting Others	Students will be able to discover what it means to be respectful and think about other's needs.	Respect	Self-Awareness, Social Awareness, Relationship Skills
8	Kindness Project: Respecting Diversity	Students will be able to discover what it means to show respect for each person's gifts and heritage.	Respect	Self-Awareness, Social Awareness, Relationship Skills



Kindergarten, Unit 2 Creating a Kind Classroom

Students will explain the importance of respecting the personal space and boundaries of others and how it can help to create a kind classroom.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Personal Space	Students will identify and demonstrate how boundaries help us show respect and safety for others.	Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills
2	Drawing Our Boundaries	Students will demonstrate and share their knowledge of different ways of showing respect to others.	Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills
3	Asking Permission and Sharing	Students will learn to ask permission appropriately and show respect for other's belongings and space.	Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills
4	The Shape of Kindness	Students will identify and find different ways of showing respect to themselves and those around them.	Respect, Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills
5	Kindness Project: Respecting Others	Students will be able to discover what it means to be respectful and think about other's needs.	Respect	Self-Awareness, Social Awareness, Relationship Skills
6	Kindness Project: Respecting Diversity	Students will be able to discover what it means to show respect for each person's gifts and heritage.	Respect	Self-Awareness, Social Awareness, Relationship Skills
7	Kindness Project: Pizza Activity	Students will be able to discover ways to show self-discipline through a fun activity.	Self-Discipline	Self-Awareness, Social Awareness, Relationship Skills
8	Kindness Project: Kindness Lighthouse	Students will be able to identify the 12 Kindness Concepts and describe ways to share kindness.	All Kindness Concepts	Self-Awareness, Social Awareness, Relationship Skills



Kindergarten, Unit 3 Feelings and Behavior

Students will explain that feelings influence behavior.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	I Feel...	Students will become familiar with many of the feelings they encounter in their lives.	Self-Care, Self-Discipline	Self-Awareness, Social Awareness
2	Acting With Our Feelings	Students will recognize what our bodies and faces look like when we have certain emotions.	Self-Care, Self-Discipline	Self-Awareness, Social Awareness
3	Feelings Book	Students will share their feelings and the actions associated with those feelings with their peers.	Self-Care, Self-Discipline	Self-Awareness, Social Awareness
4	Counting Our Feelings: Math Activity	Students will become aware of how they feel throughout the day and how their friends feel.	Self-Care, Self-Discipline	Self-Awareness, Social Awareness
5	Kindness Project: Pizza Activity	Students will be able to discover ways to show self-discipline through a fun activity.	Self-Discipline	Self-Awareness, Social Awareness
6	Kindness Project: Kindness Tree	Students will be able to identify the 12 Kindness Concepts and describe ways to share kindness with others.	All Kindness Concepts	Self-Awareness, Social Awareness
7	Kindness Project: Kindness Alphabet Book	Students will be able to identify and practice ways to be kind to themselves and others.	All Kindness Concepts	Self-Awareness, Social Awareness
8	Kindness Project: Self-Care (and Caring) Game	Students will be able to discover ways to care for themselves and others through a game.	Self-Care	Self-Awareness, Social Awareness



Kindergarten, Unit 4 Following the Rules

Students will explain why classroom rules are needed and how they promote fairness, kindness, and help prevent conflict.

Week	Lesson / Project Title	Lesson Objectives	Kindness Concepts	SEL Competencies
1	Playing Fair	Students will be introduced to the concepts of fairness and respect.	Respect, Fairness, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
2	Rules	Students will learn how rules are everywhere and it is our responsibility to follow them.	Respect, Fairness, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
3	Rules in the Classroom	Students will remember the rules of their classroom and understand how they help keep their room a good learning environment.	Respect, Fairness, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
4	What's the Rule?	Students will practice identifying classroom rules.	Respect, Fairness, Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
5	Kindness Project: Respecting Others	Students will be able to discover what it means to be respectful and think about other's needs.	Respect	Self-Awareness, Social Awareness, Responsible Decision Making
6	Kindness Project: Respecting Diversity	Students will be able to discover what it means to show respect for each person's gifts and heritage.	Respect	Self-Awareness, Social Awareness, Responsible Decision Making
7	Kindness Project: Displaying Responsibility	Students will be able to discover what it means to be responsible.	Responsibility	Self-Awareness, Social Awareness, Responsible Decision Making
8	Kindness Project: Peace Table	Students will be able to identify how to talk about problems in fair and kind ways and use those techniques to solve conflicts.	Fairness	Self-Awareness, Social Awareness, Responsible Decision Making

Kindness Symposium