



## LESSON

# 2

### Following the Rules Unit Kindergarten • Ages 5-7

#### TIME FRAME

Preparation: 10 minutes  
Instruction: 20 minutes

#### MATERIALS

Book or YouTube video of: Know and Follow Rules by Cheri J. Meiners, M.Ed., copyright © 2005. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN; 800-735-7323; [www.freespirit.com](http://www.freespirit.com). All rights reserved.

[Kindness Concept Posters](#): Fairness, Respect, Responsibility

#### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.RL.K.1, 2, 3, 7, 10; CCSS.ELA-Literacy.SL.K.1a-b, 2, 3, 4  
Colorado: Comprehensive Health S.3, GLE.1, EO.b; Reading, Writing and Communicating S.1, GLE.1, EO.c,f,h,i,j; S.1, GLE.2, EO.a-e; S.2, GLE.1, EO.a.i,ii,iii, c.i, d.i; Social Studies S.4, GLE.1, EO.a-d

[Learning standards key](#)

## Rules

Students will learn how rules are everywhere and it is our responsibility to follow them.

### Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

### Key Terms for Students

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

**RULES** What we are and aren't allowed to do.

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

**FAIRNESS** Treating people in a way that does not favor some over others.

**RESPECT** Treating others as you would like to be treated.

### TIPS FOR DIVERSE LEARNERS

Students might benefit from:

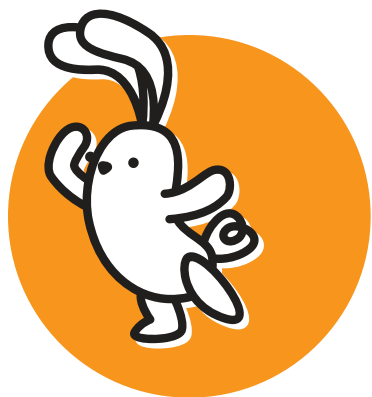
- Drawing a picture of a rule they would make for the classroom.
- Selecting a picture from the book to reflect on and ask about.
- Having extra copies of the book to view in small groups or seeing the book on a document camera.

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.



## Share (3 mins)

As a group, share what you did, or could do, on the playground to make sure the games you played were **fair**.

## Inspire

### Know and Follow the Rules (5 mins)

*Today we are going to talk about what it means to know and follow the **rules**. I am going to read a book and then we will talk.*

Read the book to your class, pausing to ask questions. For example, as you read each page spread, you can ask the following questions: What's happening in this picture? What **rules** do you think the people are remembering?

## Empower

### Discussion (5 mins)

Discuss some of the following questions:

- Why do you think we need **rules** at school?
- What do you think would happen if we didn't have any **rules**?
- How do we make fair **rules**?
- What are some **rules** that can help when you play? When you work? When you are playing games?
- What can you do if someone isn't following the **rules**?
- What do you think it means to show **respect** to others? What are some **rules** that show **respect** and kindness to others?
- What does it mean to be **responsible**? How does following **rules** show that you are **responsible**?
- Do you think that having **rules** can help when you or a friend argue? Why or why not?
- If you could make your own **rules** what would they be?

### 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 Question

- What were some of the **rules** talked about in the book?

### Reflection Question

- We watched each other acting out feelings. When you have those feelings, do you act in the same way or a different way?

### Summary

*Today we talked about different kinds of **rules** we have at school. **Rules** are meant to make things fair for everyone. **Rules** are there to help us show **respect** and kindness for ourselves and others.*



## Act (2 mins)

### Kindness Minute

Show **respect** to someone in your classroom by getting to know them. Turn to the person next to you and find out something you didn't know before. What they like to do for fun, a hobby, their favorite book? Anything you didn't already know.

### Kindness in Action

Use the activity sheet to talk to the people in your home about rules at home and at school.



# Home Extension Activity

NAME

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PLEASE RETURN BY

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## Background

As part of the Random Acts of Kindness program, your student has been learning about the importance of following rules in the classroom. Ask your student what rules he or she has learned.

## Vocabulary Words

**FAIRNESS** Treating people in a way that does not favor some.

**RESPECT** Treating people, places and things with kindness.

## Instructions

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

What rules are important in your family?

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How do you think having and knowing the rules can help your family be kind?

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