

LESSON

# 3

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

### TIME FRAME

Preparation: 15 minutes  
Instruction: 20 minutes

### MATERIALS

Rules in the Classroom Signs (included)

Rule cards (included)

4 sheets of chart paper with one sign to the top of each

Hat or box for cards

[Kindness Concept Posters](#) for Fairness, Respect

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.K.1a-b, 2, 3 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, c-e, ; Social Studies S.4, GLE.1, EO.a-d

[Learning standards key](#)

## Rules in the Classroom

Students will remember the rules of their classroom and understand how they help keep their room a good learning environment.

### Lesson Background for Teachers

This lesson builds on previous lessons in this unit. It is important for students to feel that they have input into making the rules of the classroom. Involve students in this process. If you already have rules, you can ask students if they agree with them or if they need to be edited.

### Key Terms for Students

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

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

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

### TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Adding pictures of students following the rules to the signs.
- Being asked to model a rule, particularly if they are struggling with that rule.
- Making a class movie of rules; encourage students to watch the movie if they struggle with a particular rule.

### Resources

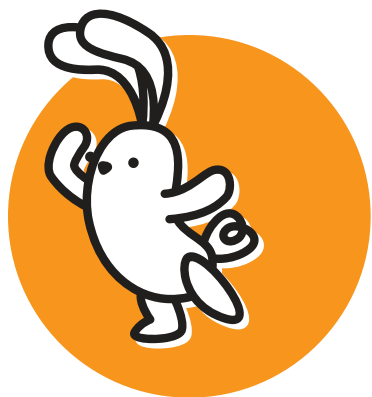
Activity adapted from Know and Follow Rules by Cheri J. Meiners, M.Ed., copyright © 2005. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN; 800-7357323; [www.freespirit.com](http://www.freespirit.com). All rights reserved. Or search YouTube version of the story.

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)

Ask a few students to share what they learned about their classmates last week doing the homework for the **Rules** lesson. Alternatively, have students share some rules they have at home.

## Inspire

### Introducing the Classroom Rules (5 mins)

*During our last class, we read a book about classroom rules. Today we are going to create a list of our own classroom rules. As we have learned already, we have rules as a way to be **fair**.*

Show the students the classroom signs and explain that there are four main rules for the classroom. Read (or have a volunteer read) either the rules suggested above or the ones for your classroom.

## Empower

### Rules in the Classroom (5 mins)

Take out the hat or box with the rules cards. *Now I am going to ask for a volunteer to take a card from the bag and we are going to figure out together which sign to tape the rule under.*

Have a student draw a card out of the bag or hat. Read or have a child read the rule on the card aloud.

Then ask the following questions about each rule on the card:

- *Why do you think we have this **rule**?*
- *In what ways do you think this **rule** can help us be more **fair** and show **respect** to each other?*
- *What might happen if we didn't follow this **rule**?*

Have the students decide which sign the rule should be taped under. After all the rules have been taped below the signs, ask students if they have any other rules that they want to add. Write those rules on blank index cards and tape them to the signs.

### 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 are the four categories of rules in our classroom?

### Reflection Question

- We have a lot of rules for our classroom now! How do rules make things **fair**?

### Summary

*Today we talked about the rules in our classroom and how they help keep us safe, **respected** and ready to learn in a **fair** way. These are all reminders of how we can be kind to one another.*



## Act (2 mins)

### Kindness Minute

*Today, stop by the office and say "Hi" to someone who works there.*

### Kindness in Action

Think about the rules we have in our community. What are they?  
Do those fit under each of our 4 signs?



## Rules for the Classroom



**BE READY TO LEARN**

## Rules for the Classroom



**SHOW RESPECT**

## Rules for the Classroom



**GET ALONG, BE FAIR**

## Rules for the Classroom



**STAY SAFE**

Rules for the Classroom

**LISTEN**

Rules for the Classroom

**FOLLOW  
DIRECTIONS**

Rules for the Classroom

**DO YOUR  
BEST**

Rules for the Classroom

**KEEP HANDS  
AND FEET TO  
YOURSELF**

Rules for the Classroom

**ASK  
PERMISSION**

Rules for the Classroom

**PUT  
MATERIALS  
AWAY**

Rules for the Classroom

**BE  
POLITE**

Rules for the Classroom

**TAKE  
TURNS**

Rules for the Classroom

**SHARE  
MATERIALS**

Rules for the Classroom

**FOLLOW  
GAME  
RULES**

Rules for the Classroom

**USE  
THINGS  
CAREFULLY**

Rules for the Classroom

**TAKE  
CARE OF  
THINGS**

Rules for the Classroom

**WALK  
INDOORS**

Rules for the Classroom

**BE KIND  
AND  
CARING**

Rules for the Classroom

**USE  
GENTLE  
WORDS**

Rules for the Classroom

**LISTEN  
TO EACH  
OTHER**