

LESSON 4

Following the Rules Unit Kindergarten • Ages 5-7

TIME FRAME

Preparation: 10 minutes
Instruction: 20 minutes

MATERIALS

Four classroom rule signs from previous activity

[Kindness Concept Poster:](#)
Fairness, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.K.1a-b, 2, 3, 6 CO: 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](#)

What's the Rule?

Students will become aware of how they feel throughout the day and how their friends feel.

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.

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:

- Having the teacher point to the classroom sign of the rule as an extra reminder.
- Extra thinking time to consider the rules; wait to call on a volunteer to give all students time to process.
- Seeing examples of the rules before the activity so they can successfully participate in the activity.

Resources

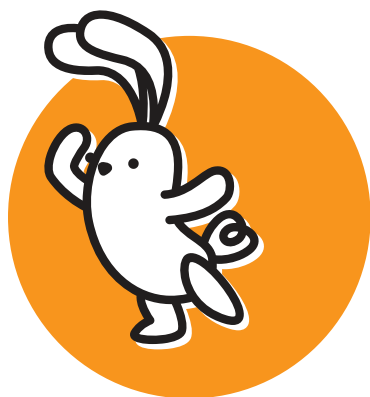
Activity adapted from Know and Follow Rules by Cheri J. Meiners, M.Ed., copyright © 2005. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN; 800-7357323; www.freespirit.com. All rights reserved.

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)

Put up the four signs from last class or write the headings on the board: Ready to Learn, Show **Respect**, Get along, Be **Fair**, Stay Safe. Ask students for the rules they thought of in our community and write them under each sign. Alternatively, have students define what these four signs mean.

Inspire

Classroom Rules (5 mins)

Today we are going to play a game to see if you know our classroom rules. I am going to read a situation and I want you to give a thumbs up if you think the person is following our classroom rules and a thumbs down if they aren't following our rules. Then I am going to ask you which rule the person is following or should be following. If you need help remembering the rules, they are on our classroom rule signs.

Empower

What's The Rule? (5 mins)

Read the following situations or write your own situations if you like, waiting to ask the question until after the students have decided whether the person is following the rules.

Another option would be for individual students to act out the situations for the class.

- Matt walked quietly down the hall with his hands at his side. Which rule is he following?
- While the teacher talked, Elena whispered to her friend. What rule should she be following?
- After Malia built a house with Legos, she took it apart and put the Lego bin back on the shelf. Which rule is she following?
- Sam liked Aria's braids so much that he pulled on them when she sat near him. What rule should he be following?
- Danielle grabbed a toy from another girl. What rule should she be following?
- Madeline waited to climb the slide until the person at the top slid down and moved out of the way. What rule is she following?
- Amir sorted buttons at the math center and then he left them on the table. What rule should he be following?
- José got the crayons out of his desk when the teacher asked. What rule is he following?

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

- Take the classroom rules posters down so the students can't see them.
Tell me one classroom rule that you can remember from our posters.

Reflection Question

- Is it ever okay to break the rules?



Summary

Today we reviewed the rules in our classroom and how they help us learn and stay safe. Remember, being kind means taking care of others and making sure they are treated fairly!

Act (2 mins)

Kindness Minute

Be kind to the environment. Turn off the water when brushing your teeth or soaping your hands. Then turn it back on to rinse!

Kindness in Action

See if you can go the rest of the day without breaking any rules.

