

## INTRODUCTION

The Random Acts of Kindness Foundation's lesson plans are designed to support students in learning how to be kind to themselves and others. However, problems that arise in everyday life can often test one's ability to respond in a kind way. Whether a student is stressed and struggling to treat himself or herself kindly or there is a disagreement between friends, practicing strategies learned in the lessons can help students develop healthier responses in tough situations.

The activities from the lessons listed below help students learn Problem-Solving Strategies. Together with [RAK's Focusing Strategies](#), these Problem-Solving Strategies help students maintain calm minds and bodies while trying to solve problems. When a student is stressed, the body's physiological response impedes the ability to access the decision-making areas of the brain. This can result in students responding in a less than kind manner, which negatively impacts themselves and others. When teachers help students focus their minds and bodies to solve problems with kindness, students can more successfully navigate the social and emotional landscape.

The strategies listed below are found in the RAK lessons. Teachers should use their professional judgment in determining what strategies might be useful to their students and adapt the activities to a classes' or students' developmental needs especially if the students have not been taught RAK lessons before or if they need the strategies retaught. For example, you might want to help your 5th graders create a safe place to discuss conflict, which is part of the Peace Place activity in the Learning to Solve Problems, Grade 1 lesson. To make this activity developmentally appropriate, the 5th graders could create their own rules for a Peace Place, choose a different title, and design a poster with agreed-upon expectations.

## KINDERGARTEN

### **Creating a Kind Classroom: Asking Permission and Sharing Activity**

Students can struggle with finding the right words to ask permission and share. This lesson provides sample language for asking permission and sharing, as well as an opportunity to practice.



## GRADE 1



### **Learning to Solve Problems: Problem-Solving Strategies and Peace Place Introduction**

Peaceful problem solving is an important life skill. Using the Peace Place format provides students with a framework for problem solving that they can use well beyond first grade. This is a great lesson to modify for older students and use as a problem-solving framework in your classroom.

## GRADE 2

### **It Takes One: Bullying Role-Plays**

This second grade activity contains valuable advice on how students can seek support if they are being bullied. Posting the strategies and referring to them consistently can help students determine what they could do if they are being bullied.

## GRADE 3



### **Feelings and Emotions: Kindness Meter**

It can be overwhelming to handle big feelings at any age. The Kindness Meter is a tool to help students identify their feelings and what actions they can take to help themselves cool down, think clearly and then move forward to solve the problem.

### **Communicating with Empathy: Shining Your Light Activity**

Complimenting others can build connections and reduce challenging relationships. This activity provides students with a format to compliment others and build healthier friendships.

## GRADE 4

### **Respecting Beliefs and Opinions: Understanding Each Other's Beliefs and Values Activity**

When we understand more about each other, it creates empathy and respect. This activity provides students with a structured way to get to know each other in order to build better relationships.

### **Stress Busters: Responding to Stress Activity**

In this activity, students learn more about positive ways to respond to stress and then encourages them to Breathe, Think and Do.



## GRADE 5

### **What Influences Us: Come back With Courage Role-Plays**

It can be challenging to respond to someone's negative comment or action in a positive and kind way. This activity provides strategies and an opportunity to practice those strategies. Students can also create their own scenarios (whether pretend or real) and think about how they would come back with courage.

### **Healthy Communication: Steps to Forgiveness Activity**

This activity contains a worksheet that students can use to process how to forgive someone who has hurt them. This might be a distant or recent situation and students can use this worksheet with the support of a trusted adult to solve the problem and try to forgive.

## GRADE 6



### **Being Kind to Ourselves: How Can I Treat Myself Kindly? Journaling Activity**

Sometimes it can be challenging for students to be kind to themselves and instead get stuck saying negative things to themselves. This activity helps students rethink this pattern and practice turning these negative statements into positive ones.

## GRADE 7

### **Active Listening: Active Listening Skills**

Listening is critical to problem solving and this activity focuses on strategies that need to be practiced to become an active listener.

### **Communicating Effectively: "I" Messages Discussion**

One positive way to communicate without blaming or judging others is to use "I" messages. This activity outlines how to communicate with "I" messages and then provides an opportunity to practice this skill.

### **Coping With Stress: How Stressed Are You and Ways to Reduce Stress Activity**

This activity helps students figure out ways to reduce their stress both in and out of school.



## GRADE 8



### **Peer Pressure: Ways to Respond to Peer Pressure Activity**

Responding to peer pressure can be overwhelming. Through this activity, students are more likely to develop positive responses to peer pressure.

### **Self-Esteem: Self-Image and Self-Esteem Discussion**

A positive self-image and self-esteem is important for a healthy life. This activity helps students reflect on how they think and feel about themselves and gives them an opportunity to explore how they think about themselves in a more positive way.