



LESSON EXPLORATION

LESSON TITLE

GRADE

KINDNESS CONCEPTS

LESSON GOALS

Goals

1. Review a specific lesson and begin to make connections and adjustments.
2. Consider how RAK and SEL teach skills for now and for life by engaging the heart and head in learning.
3. Complete the outline below, share your ideas with others and begin initial planning.

Outline

Scan and briefly identify and outline the key components of the lesson.

INSPIRE Interest is sparked and inspired through video clips, role-play, games or hands on activity.

EMPOWER Teachers lead discussions and students are given tools designed to empower them to be kind in their daily lives.

ACT Once students have inspiration and tools, they have the opportunity to put their ideas into action in tangible ways like projects.

SHARE Students talk about how they have applied kindness in their lives and how good it feels to pay it forward with kindness.

HOME EXTENSIONS Students have opportunities to explore kindness beyond the classroom and into their home, school and community.



RAK lessons follow a simple template of share, inspire, empower and act to build kindness skills.

NOTES



Discuss

Connections to the Lesson:

- How does this remind you of other things you have taught or have been taught?
- What excites you about this lesson and why?
- What other content areas or initiatives would you pair this lesson with? Think about any school values, character education or SEL programs you might be teaching.

Adjustments to the Lesson:

- Call to mind a specific student. What modifications, accommodations or adaptations are needed?
- Is there anything you would pass on, change or do differently in the lesson?
- Are there other RAK resources you could bring to support your students' learning needs?
- How would you build on this content?

Initial Planning:

- How often do you see teaching RAK lessons? (once a week, every day, etc.)
- At what point during the day would you teach RAK? (advisory time, afternoon, etc.)
- What specific days and for how long?

Share Out

Share the above with others.

Plan

Sketch out your plan to teach this lesson incorporating your discussion and any adjustments. Include day of the week, period, topic, and any support or resources you might need.
