

Day 1 • Class Introduction

RAK Mission: To make kindness the norm™ in our schools, workplaces, homes, & communities.

Welcome to High School Curriculum! We are excited to help you and your students learn more about kindness and to spread it throughout your community. On the right are recommended Day 1 activities; if you have time, the activities at the end are a fun way to connect with your students as they prepare for this course. The required Kindness Self-Inventory is below.

Weekly Objectives

Students will:

1. Understand the layout and structure of the course.
2. Preview the Kindness Capstone project.

Resources / Materials

- Class Syllabus**
- Kindness Capstone Project Packet**
- Kindness Self-Inventory**

Reflect / Assess

Deliverables:

- Daily Participation points (5pts)
- Week 1 Journal Entry:** What do you want to learn most in this class and why do you want to learn it? On a scale of 1-5 (1 low; 5 high), how involved are you currently in your community? Explain your rating. (5pts)

Share: DAY 1

Discussion Starters:

- What does kindness mean to you?
- Why did you sign up for this class?



Inspire: DAY 1

Read: Walk students through the class syllabus. Address questions.



Watch: The Science of Kindness:

<https://www.randomactsofkindness.org/kindness-videos/18-the-science-of-kindness>

- What are some examples of kindness you see in our community?
- What is an area of our community that you would like to serve and why?

Empower: DAY 1

- Introduce students to the Kindness Capstone Project (see Teacher Guide for details).
- Complete a Kindness Self-Inventory: *(Will revisit in Week 15)*



Kindness Self-Inventory:

- Provide a copy of the Kindness Self-Inventory below.
- Allow 5-7 minutes for students to complete it.

Guide a discussion:

- Which kindness concept is your strongest?
- Which kindness concept would you like to continue working on throughout the rest of this class? Explain your answer.

Make sure students save their inventory until the end of the class!

*See Optional Week 1 Activities below if your first week of school is more than one day.

Optional Week 1 Activities

As a class, determine what your **class rules** will be. Use the six kindness concepts to help structure the rules.

Have each student perform a **random act of kindness** and report back to the group regarding what they did and how it was received (if they know). See the RAK website for [kindness ideas](#).

Have students play **ice breaker games** to get to know each other. The more they know and trust each other, the more comfortable they will be sharing.

Watch some of the [kindness videos on the RAK website](#) and discuss the projects they did and the impact. Get inspired!

Either in groups or as individuals, have students read, explain, and respond to different [quotes about kindness from the RAK website](#).

Get out and **explore!** In preparation for the Capstone, take a walking tour of your community. Begin pointing out various businesses, locations, government buildings, or services that students should audit for their project.

Kindness Self-Inventory

Directions: Read each statement and rank yourself honestly on a scale of 1-5, with 1 being rarely or never, and 5 being always or consistently. It's important that you take the time to answer truthfully after giving yourself time to reflect on each statement. This is a personal inventory and the results do not have to be shared with anyone directly.

After you rate yourself under each concept, add up the scores and divide by three. This is the number you will shade on your kindness inventory handout (below).

Kindness Concept #1—Respect

Statement	Self Rating (1-5)
I treat myself with self-respect daily, including my thoughts and actions.	
I treat others with respect daily, including my thoughts and actions.	
I am quick to change my behavior if I notice I am being disrespectful.	
Add up all three columns and divide by 3. This is your Respect Score =	
<input type="text"/>	

Kindness Concept #2—Caring

Statement	Self Rating (1-5)
I make time daily to provide myself with quality self-care, physically and mentally.	
I care for others and the community through helpfulness, compassion, and empathy.	
I seek others out to extend my gratitude when I receive something positive from them through words or action.	
Add up all three columns and divide by 3. This is your Caring Score =	
<input type="text"/>	

Kindness Concept #3—Inclusiveness

Statement	Self Rating (1-5)
I value others that are different from me and seek to honor them through my words and actions.	
I use my words and actions to improve inclusiveness in areas it may be lacking in my school and community.	
I stand up for others who are being excluded and work to help them feel part of the group, school, and community.	
Add up all three columns and divide by 3. This is your Inclusiveness Score =	
<input type="text"/>	

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Kindness Concept #4—Integrity

Statement

Self Rating (1-5)

I do what I know to be right and kind in all situations.

My words mean something and others can trust what I say to be true.

I persevere honestly to reach new goals, avoiding temptation to cut corners when opportunities arise.

Add up all three columns and divide by 3. This is your Integrity Score =

Kindness Concept #5—Responsibility

Statement

Self Rating (1-5)

I take ownership for my actions, both positive and negative, striving to make things right when they are not.

I accept responsibility for both my words and actions on a daily basis, avoiding the urge to place blame on others.

I use self-discipline to accomplish my goals, even when they are difficult or long term.

Add up all three columns and divide by 3. This is your Responsibility Score =

Kindness Concept #6—Courage

Statement

Self Rating (1-5)

I am a servant leader in my school and community and I am willing to stand up for what I believe in.

I am willing to let others go first, lead, and have the spotlight, even if I feel like I could do it better or more efficiently.

I promote kindness in our school, in my home, and in our community.

Add up all three columns and divide by 3. This is your Courage Score =

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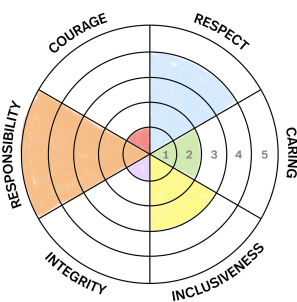
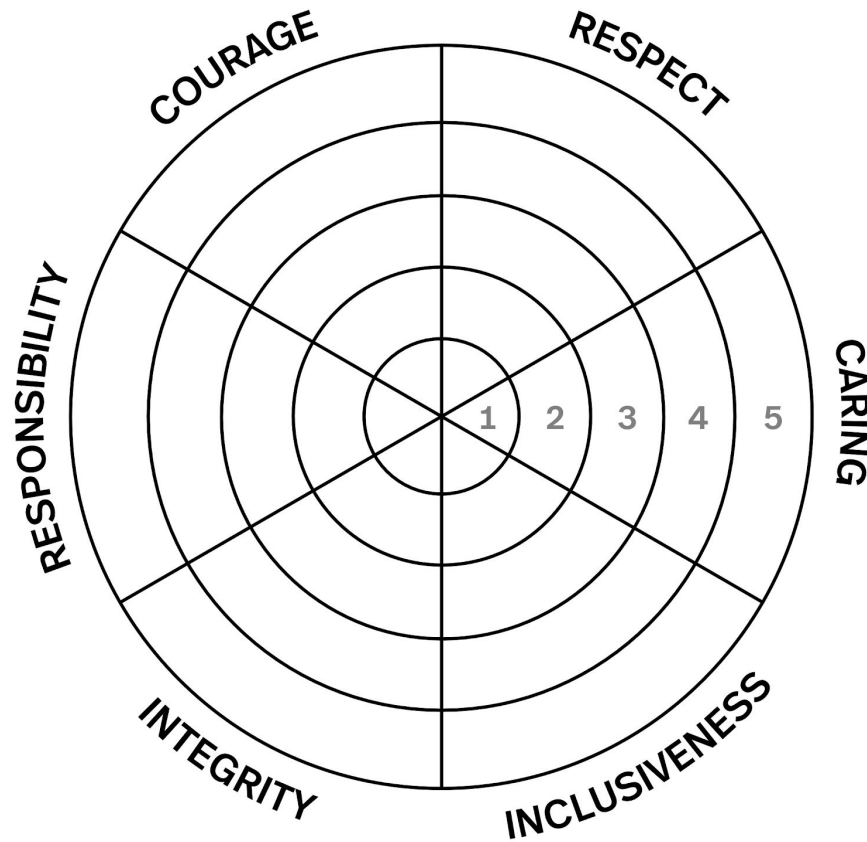
Now, copy your scores from above into the spaces below.

My Kindness Concept Scores are:

Respect _____ Caring _____ Inclusiveness _____ Integrity _____ Responsibility _____ Courage _____

To visualize your scores, fill out the following graph by shading each kindness concept from the inside of the circle outward using the following hierarchy:

1 = Weak 2 = Neutral 3 = Learning 4 = Moderate 5 = Strong



Sample of a Completed Kindness Self Inventory with the following levels:
Respect: Moderate, Caring: Neutral, Inclusiveness: Learning, Integrity: Weak,
Responsibility: Strong, Courage: Weak.