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**

### 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:
- 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

- Walk students through the Kindness Capstone Project Packet. Address questions
- 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.
- Provide the original inventories completed at the beginning of the semester.
- Allow students an additional 5-7 minutes to compare their results.

**Guide a discussion:**
- Do you agree with your results? Why or why not?
- Which kindness concept would you like to continue working on throughout the rest of this class? Explain your answer.

*See additional Week 1 activities if your first week of school is more than one day.*
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<th>Optional Week 1 Activities</th>
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<td>As a class, determine what your <strong>class rules</strong> will be. Use the six kindness concepts to help structure the rules.</td>
<td>Have students play <strong>ice breaker games</strong> to get to know each other. The more they know and trust each other, the more comfortable they will be sharing.</td>
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<td>Watch some of the <strong>kindness videos on the RAK website</strong> and discuss the projects - what they did and the impact. Get inspired!</td>
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<td>Have each student perform a <strong>random act of kindness</strong> and report back to the group - what they did and how it was received (if they know). See the RAK website for <strong>kindness ideas</strong>.</td>
<td>Either in groups or as individuals, have students read, explain, and respond to different <strong>quotes about kindness</strong> from the RAK website.</td>
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<td>Get out and <strong>explore</strong>! 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.</td>
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Kindness Self Inventory

Fill out the following inventory 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

My Kindness Concept Levels are:

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

Sample of a Completed Kindness Self Inventory with the following levels: