

Caring



Sub-Concepts Covered: Compassion, Gratitude, Helpfulness, Empathy, Kindness

Kindness in the Classroom lessons teach kindness skills through a step-by-step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the 'share' step to reinforce learning from previous lessons. The 'act' piece is woven into the lessons but really takes place in the projects.

The Caring Unit is our second unit in a series of six. The Caring Unit focuses primarily on helping students care for themselves, for others, and for their learning environment. They will do this through lessons on compassion, empathy, sympathy, and helpfulness.

Unit Objective

Students will:

- Define key kindness terms, including gratitude, caring, and compassion.
- Identify the connection among caring, kindness, and helpfulness.
- Connect empathy and sympathy to compassion.
- Apply self-care thinking to their lives.

Student Introduction

Welcome to the Caring Unit! Over the next few weeks, we are going to build some superpowers around caring and kindness, which means we work hard to take care of both ourselves and others! Specifically, we want to be sure we are grateful for the things we have; we help others when we can; and we take care of ourselves, others, and our things. We are going to focus on these important areas:

- Caring for ourselves, others, and our classroom!
- Being grateful for all that we have every day!
- Looking for ways to be helpers!
- And showing kindness and compassion when others are in need, which can be as simple as inviting someone new to join your game at recess time! Caring isn't complicated!

Let's get started with our first lesson!

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 My Name Word Puzzle	<ul style="list-style-type: none"> Identify things about themselves that they appreciate. Apply self-care thinking to their lives. Present their acrostic to the class and practice short presentation skills. 	<ul style="list-style-type: none"> Pieces of tagboard or construction paper, one per student. Color pencils/markers
Lesson 2 Gratitude Scavenger Hunt	<ul style="list-style-type: none"> Define gratitude. Recognize various things they are grateful for. 	<ul style="list-style-type: none"> Scavenger hunt handout (see lesson)
Lesson 3 Compassion Connection: Everyday Emotions Part 1	<ul style="list-style-type: none"> Apply their understanding of feelings and emotions and predict how others may feel in response to different situations. 	<ul style="list-style-type: none"> Interesting articles to read to prepare for questions related to the science of emotions: https://www.verywell.com/how-many-emotions-are-there-2795179 https://www.verywell.com/understand-body-language-and-facial-expressions-4147228
Lesson 4 Compassion Connection: Superpower Emotions Part 2	<ul style="list-style-type: none"> Apply their understanding of basic emotions to their understanding of compassion, empathy, and sympathy, and predict how others may feel in response to different situations. 	<ul style="list-style-type: none"> Interesting articles to read to prepare for how compassion and empathy are emotions that can be heightened through neurological training: http://www.parentingscience.com/teaching-empathy-tips.html Two superhero-style “Compassion Capes” (see lesson) Masking or duct tape to create “paths” on the floor. Can use the same tape to create the “compassion center.” Pictures 1-3 *see extension idea in the lesson

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 Thank You for Helping	This project is designed to help students express gratitude to helpers and to recognize that many people help without expecting anything in return.	<ul style="list-style-type: none"> Thank you card template (see lesson) Markers Black/white board
Project 2 Gratitude Word Clouds	This project will allow students to practice speaking skills, listening skills, writing skills, and technology skills, all while building a visual presentation that conveys ideas of gratitude and highlights those things that many people are thankful for, generating connectedness with the larger school community.	<ul style="list-style-type: none"> Interview cue card (optional) Notebook paper/pencil Computer access to use the word cloud generator (recommended: http://www.abcya.com/word_clouds.htm) Poster board Markers