

Courage Journal

In this project, students will create a courage journal for the incoming group of 1st graders who will be 2nd graders the next school year. Each student will give incoming students advice on how to have courage for yourself, for others, and for the classroom as they become second graders. Students should use the vocabulary they have learned this year such as respect, caring, inclusiveness, fairness, perseverance, and responsibility. They should also make sure their advice recognizes that kindness is the foundation for all of these things.

Kindness Concept(s)

Courage, Kindness

Project Timeframe

25-30 minutes

Required Materials

- Courage Journal page (one for each student)
- Cover stock for the cover
- Binding machine or three-hole punch to bind book

For this project, students will each design a courage page for the Courage Journal that they are creating as a class. Each courage page (if using the template) is broken into three parts: Courage for Self, Courage for Others, and Courage in the Classroom.

Students should write a short phrase but they can also draw a picture representing their ideas. If possible, their messages should also incorporate ideas about respect, caring, inclusiveness, fairness, perseverance, and responsibility.

The first page of the book should be from the teacher, so if possible, prepare your page in advance as an example.

After all of the student pages are complete, collect them and bind them using a stapler or a three-hole punch and yarn. Read the journal to students the next day during your morning meeting or advisory period.

Extension Ideas:

- You can also assign students to create a cover page; perhaps you have a “covering” contest and students get to design a cover page and the class votes on the one to use.



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

Welcome to 2nd Grade!

Sometimes it takes COURAGE to be kind to yourself, to others, and to the classroom and everything we share. Here are some ideas to help you be BRAVE!

In 2nd grade, you can have the courage to be kind to YOURSELF by:

In 2nd grade, you can have the courage to be kind to OTHERS by:

In 2nd grade, you can have the courage to be kind to the CLASSROOM by:

Be BRAVE! You will LOVE 2nd grade!