

I am Responsible for Me!

This foundational lesson in the Responsibility Unit focuses on how we need to be responsible for ourselves first and foremost. There will be a running theme throughout this unit that focuses on responsible decision-making and perseverance in a way that shows responsibility to self, others, and the environment. The focus of this first lesson is making responsible decisions to care for our physical bodies, minds, and hearts.

Kindness Concept(s)

Responsibility, Perseverance
Kindness

Lesson Timeframe

30-40 minutes

Required Materials

❑ Paper doll handout

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



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AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Explore responsible decisions with regard to taking care of our bodies and minds.
- Identify parts of their body (physical body, mind, heart) and evaluate ways to keep them safe and healthy.
- Explore how we can make responsible decisions regarding our bodies and minds.

Teacher Connection/Self-Care

Whether you're a first year teacher or a veteran, you owe it to your students to plan. Try sorting your students into groups based on learning style instead of academic level. How does this change your groupings?

Tips for Diverse Learners

- Adjust the instructions for filling out the paper doll cut-outs to reflect students with different physical abilities. Consider finding a free print out online of a person in a wheelchair or whatever best represents their ability. You may want to conference with the student first to see which handout he/she would prefer as not having the ability to walk, for example, does not mean he/she doesn't have legs to care for, etc.
- It will be useful for all students if you have a sample cut-out already done and prepare as a model.



Share

3-5 minutes

Open this lesson with the definition of **responsibility**. According to the Random Acts of Kindness Foundation, responsibility means *being reliable to do the things that are expected or required of you*.

Ask:

- What are some things that you are responsible for at home?
- What are some things that you are responsible for at school?
- What would happen if you didn't do these things?

Remind students that everyone has different responsibilities and it is important that we take them seriously and do what is expected or required of us.



Inspire

5-10 minutes

Explain:

Today's lesson focuses on another element of responsibility - doing responsible things *for ourselves* - things like brushing our teeth, taking a bath or shower, getting enough sleep, exercising, reading and learning, being kind to ourselves and others, and eating healthy foods.

Nobody else gets to take care of your body, heart, and mind in the same way that you do, so it is important that we take seriously the responsibility of caring for ourselves!

Ask:

- What are some of your favorite ways to take care of yourself?
 - Write student answers on the board; this will help them with the Empower activity below.



Empower

15-20 minutes

Give each student a paper doll cut-out and ask students to do the following before coloring and decorating it to look like themselves:

- On each **leg**, write the word of something active they like doing.
- On each **arm**, write "brush hair" or "brush teeth" or something else they can do with their arms/hands that helps them take care of themselves.
- On their **stomach**, have them write the word of a healthy food they enjoy.
- On their **brain**, have them draw a picture that represents their favorite school subject (a book for reading, a beaker for science, an equation like $1 + 2 = 3$ for math, a horn for music, etc.)

When they are done labeling their cut-out, they should color and decorate it to look like themselves.

After they are done coloring, have each student cut out their paper doll.



Reflect

5 minutes

Have students share their doll with the class or with a neighbor if you are short on time. Have them explain the different things they do to take responsibility for themselves.



Extension Ideas

- Create a bulletin board that reads “I am Responsible for ME!” or “We are Responsible 2nd Graders” and tape or staple all of the cut-outs on the board. Or, string them together like a paper-doll chain. This can serve as a daily reminder to students of all the ways they can be responsible and take care of themselves.

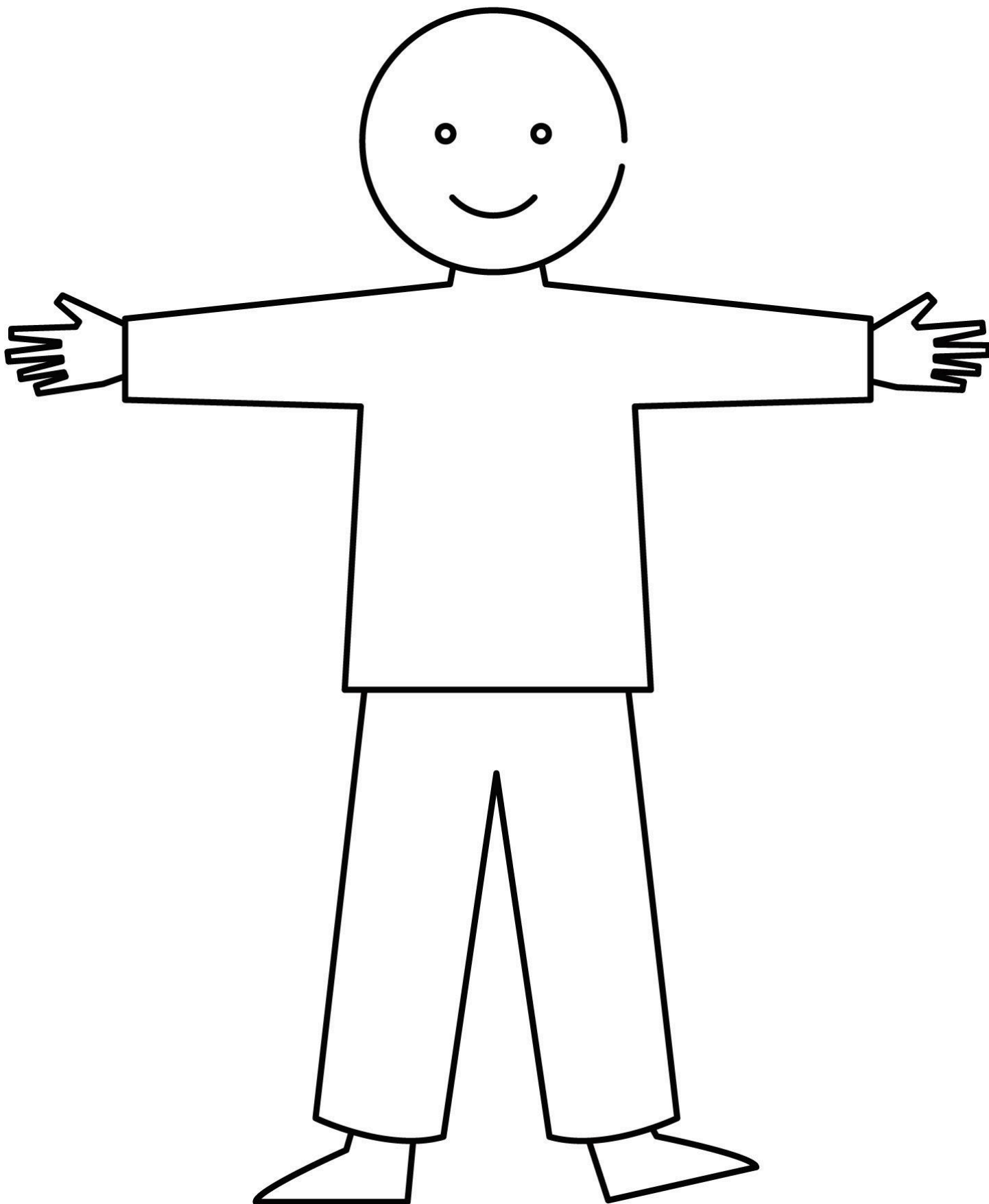


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PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning ([CASEL](https://casel.org/)) 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/>



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