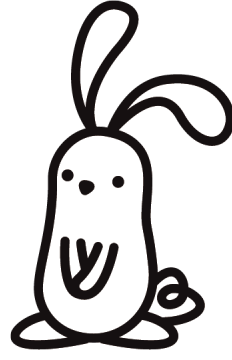


Caring



Sub-Concepts Covered: Compassion, Empathy, Helpfulness, Gratitude, 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 this six unit year. The focus in our Caring Unit is on exploring how to be caring in a variety of contexts. The lessons will explore caring and how it incorporates helpfulness, gratitude, compassion, empathy, and kindness. Students at this age are ready to explore concepts that are less concrete. Empathy and Gratitude are explored in depth as tools for expressing caring.

Unit Objective

Students will:

- Define key kindness terms, including helpfulness, gratitude, and caring.
- Draw a connection between helpfulness and gratitude and empathy and compassion.
- Apply self-care thinking to their lives.

Student Introduction

Now that we understand how to respect ourselves, others, and our community, we are ready to move on to our next unit- Caring! This unit will focus on how to be caring and kind throughout our day, no matter where we are. This means we do our best to care for both ourselves and others. We also want to make sure we take time to be grateful for others that care for us and show empathy for those around us! We will be learning about these key areas:

- Being caring and kind throughout our day!
- Being grateful for those around us!
- Showing empathy for others!
- Showing kindness and compassion through our words and actions!

Caring takes practice- let’s learn how simple acts of kindness can show others we care each and every day!

Note: If you are using the RAK interactive notebooks, please make sure your students have them on hand for each lesson.

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 My Affirmation Stone	<ul style="list-style-type: none"> • Create a personalized affirmation stone using words and images that inspire a feeling of happiness. • Practice using coping skills when circumstances cause negative feelings. 	<ul style="list-style-type: none"> <input type="checkbox"/> Liquid White Glue <input type="checkbox"/> Paintbrushes <input type="checkbox"/> Scissors for each child <input type="checkbox"/> Magazines
Lesson 2 Caring Comic	<ul style="list-style-type: none"> • Explain how each person's helpfulness contributes to the efficient classroom. • Illustrate how to show gratitude for the helpful actions of others. • Create a comic strip documenting a helpful deed and the subsequent gratitude it evokes. 	<ul style="list-style-type: none"> <input type="checkbox"/> Comic Strip Template <input type="checkbox"/> Basic art supplies <input type="checkbox"/> Optional: Computers and Internet Access <input type="checkbox"/> Comic Strip Generator: https://www.storyboardthat.com/storyboard-creator <input type="checkbox"/> www.powtoon.com
Lesson 3 Compassion Role Plays	<ul style="list-style-type: none"> • Show compassion by brainstorming solutions for difficult scenarios. • Practice kind and compassionate ways to respond in different role-play scenarios 	<ul style="list-style-type: none"> <input type="checkbox"/> Scenario cards (see lesson) <input type="checkbox"/> Index Cards (optional) <input type="checkbox"/> pencils (optional)
Lesson 4 Empathy through the Senses	<ul style="list-style-type: none"> • Demonstrate an introductory understanding of empathy using the five senses • Develop empathy for scenarios depicted in art. 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Malala's Magic Pencil</i> by Malala Yousafzai <input type="checkbox"/> Art images (6-8 copies of each OR projected within the classroom- see lesson) <input type="checkbox"/> Prompting Worksheet- see lesson <input type="checkbox"/> Lined Paper <input type="checkbox"/> Pencils

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 Share Your Feelings	The class will create an interactive bulletin board that invites others to share their understanding and experiences connected to common feelings. Although many seem simple, our interpretations can often be very different!	<ul style="list-style-type: none"> <input type="checkbox"/> Basic Bulletin Board materials <input type="checkbox"/> 4-6 different colored post it packs <input type="checkbox"/> Dictionaries <input type="checkbox"/> Construction paper <input type="checkbox"/> Markers <input type="checkbox"/> String or yarn
Project 2 Chain of Gratitude	Students will develop an "Attitude of Gratitude" by creating gratitude chains for others in the class highlighting kind things that have been done for them.	<ul style="list-style-type: none"> <input type="checkbox"/> Strips of construction paper <input type="checkbox"/> markers <input type="checkbox"/> glue or tape <input type="checkbox"/> poster board <input type="checkbox"/> stickers (optional)