

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.

In the Caring Unit, students will discuss rumors and gossip and evaluate their damaging effects. The unit ends with lessons on making sincere apologies and forgiveness. These topics might trigger strong emotions for students if they have been victims of gossip or rumors, or if they have relationships (either at home or at school) where they feel apologizing and forgiveness is required. Be aware of those students who might be triggered by these topics and be prepared with a plan to support them through the services and resources your school can provide.

Unit Objective

Students will:

- Identify rumors and gossip.
- Communicate assertively.
- Identify ways to give a sincere apology.
- Learn how forgiving others helps them to live happier lives.

Student Introduction

Welcome to the Caring Unit! This unit is a really important one. In this unit you will learn how to care for yourself and for others by learning how to stop the spread of rumors and gossip. You will also learn - or *relearn* - the power of making a sincere apology and offering forgiveness. Both of these things can be really hard because it means admitting we were wrong or accepting that someone else was wrong. While these aren’t comfortable topics, it is absolutely critical that you have the skills to give and receive forgiveness. This is the ultimate show of caring and compassion - both for yourself and for others. If at any point you struggle with these concepts, let your teacher know. He or she will provide the support and guidance you need. Let’s get started with our first lesson!

- Rumors and gossip
- Assertive communication
- Making sincere apologies
- Forgiveness

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 Circle of Control	<ul style="list-style-type: none"> Identify the Circle of Control and what it represents. Use the Circle of Control to identify actions they can control in every situation 	<ul style="list-style-type: none"> Cardstock or thick paper Laminator or Tape Writing/coloring utensils
Lesson 2 Word Clouds of Care	<ul style="list-style-type: none"> Identify rumors and gossip. Reflect on ways they can respond when they hear information that is untrue or unkind. 	<ul style="list-style-type: none"> PBS Gossip and Rumors clip: https://www.youtube.com/watch?v=98SC_hJzflD4 Sheets of white paper (preferably cardstock or construction paper; something that will hold up) - one for each student Scissors Writing utensils String to hang clouds (if desired)
Lesson 3 Making a Sincere Apology	<ul style="list-style-type: none"> Identify ways to give a sincere apology. Connect the importance and impact of an apology with caring and respect. 	<ul style="list-style-type: none"> Read about Rob Lewicki's research on apologies: https://news.osu.edu/news/2016/04/12/effective-apology/ Kids Health: http://kidshealth.org/en/kids/sorry.html
Lesson 4 Steps to Forgiveness	<ul style="list-style-type: none"> Learn how forgiving others helps them to live happier lives. Connect the importance and impact of forgiveness with caring. 	<ul style="list-style-type: none"> Jar Index Cards "The Lemon Moon" by Edith Hope Fine. https://www.youtube.com/watch?v=h3bELLiYqv8 Journal materials (paper, pencils)

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 I Care for My #Selfie	In this project, students focus on identifying the ways they take care of their minds and bodies, and identify three specific things (about themselves) that they are thankful for.	<ul style="list-style-type: none"> Printed #selfie worksheets, one for each student (see below) Crayons, markers for coloring the selfie
Project 2 Spread Care Project Plan	This project gives students an opportunity to care for others by volunteering around the school.	<ul style="list-style-type: none"> Project plan worksheet (see project) Various materials depending on the project decided upon.