

Caring



Sub-Concepts Covered: Compassion, Gratitude, 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.

This is the second unit of the *Kindness in the Classroom* curriculum. It builds upon the base of respect presented in the first unit, with an increased focus on how to go deeper and apply this respect through caring and its subconcepts. This concept can be somewhat challenging as students transition to middle school and find a balance between growing up and embracing kindness. Encourage the importance of self-care as a vital stepping block in the process of increasing your caring, compassion and empathy for others.

Unit Objective

Students will:

- Utilize self-care tools and methods to increase a feeling of self worth.
- Develop the skills of empathy and compassion for both people they know personally and others within their community.
- Practice both giving and receiving gratitude through a foundation of kindness.

Student Introduction

Caring- the concept is nothing new to you at this point in your life. You have been caring for yourself (and probably others) in some capacity for years. However, true caring embraces a spirit of kindness through gratitude, compassion and empathy. This unit will focus on expanding your horizons within this concept. HOW do you show you care? What does that look like? Sound like? Feel like? HOW do you respond when others show they care? Our focus during this unit is as follows:

- The importance of Self-Care
- Expressing Gratitude
- Understanding Empathy

Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
Lesson 1 Toss in Self-Care	<ul style="list-style-type: none"> Explore how they currently demonstrate self-care in both physical and mental ways. Create a personal goal for increasing self-care as a part of their daily routine. 	<ul style="list-style-type: none"> <input type="checkbox"/> Inflatable Beach Ball <input type="checkbox"/> Sharpie Marker 	<p><u>Small Group</u>- Self-Care Top 5</p> <p><u>Partner</u>- My Priorities</p> <p><u>Individual</u>- My Daily Routine</p> <p><u>Technology Focus</u>- Media Self-Care</p>
Lesson 2 A Meal of Gratitude	<ul style="list-style-type: none"> Explore how they currently demonstrate gratitude for what they have and those around them. Expand their ability to provide unsolicited gratitude. 	<ul style="list-style-type: none"> <input type="checkbox"/> Muffins or other individual snacks for class based on allergy needs <input type="checkbox"/> Napkins <input type="checkbox"/> Clean up items (spray, wipes, etc.) <input type="checkbox"/> Index Cards <input type="checkbox"/> Pens/pencils 	<p><u>Small Group</u>- Showing Gratitude</p> <p><u>Partner</u>- Gratitude Session</p> <p><u>Individual</u>- I Am Grateful For...</p> <p><u>Technology Focus</u>- Media Based Gratitude</p>
Lesson 3 Find Your Empathy	<ul style="list-style-type: none"> Explore the difference between sympathy and empathy. Develop an understanding of empathy as it applies to them personally. Practice empathy in a variety of scenarios throughout their daily routine. 	<ul style="list-style-type: none"> <input type="checkbox"/> No materials are required for this lesson. 	<p><u>Small Group</u>- Similar Struggles</p> <p><u>Partner</u>- Common Ground</p> <p><u>Individual</u>- Inspirational Cards</p> <p><u>Technology Focus</u>- Awareness Expanded</p>
Lesson 4 Compassion Wall	<ul style="list-style-type: none"> Utilize empathy as a motivational tool to increase compassion within your everyday life. Practice compassion on both a local and national scale. 	<ul style="list-style-type: none"> <input type="checkbox"/> Butcher paper <input type="checkbox"/> Marker <input type="checkbox"/> Pens/Pencils <input type="checkbox"/> Large Post-It Notes 	<p><u>Small Group</u>- Role Plays</p> <p><u>Partner</u>- Domino Effect</p> <p><u>Individual</u>- Make a Change</p> <p><u>Technology Focus</u>- Compassion Decreased</p>

Unit Project

Project Title	Project Overview	Materials Required
The Caring Award	The class will work together to nominate, select and ultimately present a caring award for one teacher or staff in the school as a way to honor them for their truly kind and caring spirit.	<ul style="list-style-type: none"><input type="checkbox"/> Nomination Handout (see project)<input type="checkbox"/> Pens/Pencils<input type="checkbox"/> Basic Art Supplies<input type="checkbox"/> An 8x11" Frame (if possible)<input type="checkbox"/> Index Cards<input type="checkbox"/> Tape<input type="checkbox"/> Pipe Cleaners<input type="checkbox"/> A vase (or a large cup to hold the kindness bouquet)<input type="checkbox"/> Optional: Balloons