Courage

Sub-Concepts Covered: Vulnerability, Humility, 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.

You have arrived at the 6th and final concept of the year! As you wrap up sixth grade and prepare to send your students out into the world for a much deserved break, your class will explore the concept of courage and how it connects to humility, vulnerability and ultimately kindness. For many students this will be a completely foreign or unexpected connection. Our society does not present these concepts together as a cohesive unit. However, if one wants to truly live with kindness at the center of their core, they will need courage to do so!

Unit Objective

Students will:

- Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations.
- Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.
- Draw connections between vulnerability and courage.

Student Introduction

Courage- we often think of this word and relate it to strength and honor. However, it takes courage to be kind, even in the face of hatred. It takes courage to build others up without looking for any reward on your part. It takes courage to admit areas that might need attention, and be willing to work on them. Vulnerability and humility are often touted as detrimental traits. This unit will challenge that thinking! This unit will challenge that thinking! We will focus on the following:

- The Courage to Be Kind
- Embrace Humility
- Vulnerability as a sign of Courage
## Unit Lessons

<table>
<thead>
<tr>
<th>Main Lesson Title</th>
<th>Weekly Objectives</th>
<th>Main Lesson Materials</th>
<th>Mini Lessons</th>
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| **Lesson 1**            | • Explore the connection between courage and vulnerability.  
                           • Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.                                                                 | ❑ Projector or SmartBoard to show pictures to class (can also print them out if utilizing technology is not possible) | Small Group- Courage to Me  
                           Partner- Celebrate Courageous Moments  
                           Individual- Overcoming Fears  
                           Technology Focus- Cyberbullying Red Flags                                                                                                                     |
| Have You Ever?          |                                                                                                                                                                                                                 |                                                                                          |                                                                                                |
| **Lesson 2**            | • Practice using courage to embrace differences among peers.  
                           • Apply courageousness to a variety of situations in group and individual settings.                                                                                                                      | ❑ Index cards  
                           ❑ 3-5 Ink pads  
                           ❑ Writing utensils  
                           ❑ 3-5 Magnifying glasses (optional)                                                                                                                                  | Small Group- In the Middle  
                           Partner- Did You Know?  
                           Individual- This is Me!  
                           Technology Focus- Online Vulnerability T-Chart                                                                                                                     |
| One of a Kind           |                                                                                                                                                                                                                 |                                                                                          |                                                                                                |
| **Lesson 3**            | • Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations.  
                           • Practice using courage and humility at school and at home.                                                                                                                                                   | ❑ Poster board  
                           ❑ Sharpies                                                                                                                                                | Small Group- Humble Acts  
                           Partner- Humility Bingo  
                           Individual- Humble Observations  
                           Technology Focus- Humble Challenge                                                                                                                             |
| Class Humility          |                                                                                                                                                                                                                 |                                                                                          |                                                                                                |
| **Lesson 4**            | • Explore the connection between courage and kindness.  
                           • Practice using courage and kindness at school and at home.                                                                                                                                                 | ❑ Index Cards  
                           ❑ Pencils                                                                                                                                                | Small Group- Kindness Attributes  
                           Partner- Kindness Contract  
                           Individual- Self-Talk Cards  
                           Technology Focus- Words Have Power                                                                                                                             |
| Build Me Up!            |                                                                                                                                                                                                                 |                                                                                          |                                                                                                |
## Unit Project

<table>
<thead>
<tr>
<th>Project Title</th>
<th>Project Overview</th>
<th>Materials Required</th>
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<tbody>
<tr>
<td>Random Acts of Kindness Photo Collage</td>
<td>In groups, students will work together to complete random acts of kindness via a scavenger hunt, documenting their adventures in a photo collage. Twist- no faces allowed!</td>
<td>❖ Basic art supplies</td>
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<td></td>
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<td>❖ Poster boards for each group</td>
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<td>❖ Magazines</td>
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<td>❖ 1 smartphone or camera for each group (optional; you can use magazines to illustrate RAKs if there are media restrictions)</td>
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<td>❖ Tape/Tacks to hang finished photo collages</td>
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