You have arrived at the 6th and final concept of the year! As you wrap up 7th grade and prepare to send your students out into the world for a much deserved break, your class will dive deeper into the concept of courage and how it connects to humility, vulnerability and ultimately kindness. For many students this will be an 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:

- Practice utilizing 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.
- Explain the connection 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! We will focus on the following:

- The Courage to Be Kind
- Embrace Humility
- Vulnerability as a sign of Courage
<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** Ever Done That? | ● 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 | ✪ Index Cards  
✪ Pencils | Small Group: Describe Courage  
Partners: Recovering  
Individual: Personal Identity Circles  
Technology Focus: Courage Emoji |
| **Lesson 2** Self-Proclaimed Hero | ● Practice using courage to be a leader in an area they feel passionate about  
● Apply courageousness to a variety of situations in group and individual settings | ✪ Paper  
✪ Pencils  
✪ Projector or SmartBoard for video  
✪ Internet Connection [https://www.youtube.com/watch?v=tgF1Enrgo2g](https://www.youtube.com/watch?v=tgF1Enrgo2g) | Small Group: Top Ten List: Heroes  
Partners: Unsung Heroes  
Individual: The Hero in Me  
Technology Focus: International Heroes |
| **Lesson 3** Servant Leaders | ● 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 | ✪ Projector or SmartBoard for video  
✪ Internet Access for video [https://www.youtube.com/watch?v=XlTzLd6oXC0](https://www.youtube.com/watch?v=XlTzLd6oXC0) | Small Group: Check and Change  
Partners: Humble Exploration  
Individual: Humility in Our World  
Technology Focus: Something New |
| **Lesson 4** Verbal vs. Nonverbal Communication | ● Explore the connection between courage and kindness  
● Practice using courage and kindness at school and at home | ✪ Index Cards  
✪ Pencils  
✪ Scenario cards (see lesson) | Small Group: Kindness Chains  
Partners: Kindness in Action  
Individual: Courage to Be Kind  
Technology Focus: The Great Kindness Challenge App |
## Unit Project

<table>
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<tr>
<th>Project Title</th>
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<th>Materials Required</th>
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| Random Acts of Kindness Photo Journal | The class will work in groups to accomplish a variety of RAKs, documenting them using photos of objects only through a photo journal.                                                                          | ❑ Basic Art Supplies  
❑ Journal entry templates (see project)  
❑ Magazines  
❑ 1 smartphone or camera for each group  
❑ Tape/Tacks to hang finished journals |