Caring

Sub-Concepts Covered: Compassion, 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.

This unit is the second of our six unit series. This unit builds on respect and expands the concept to incorporate caring as a natural addition to respectful behavior. The focus of this unit is on caring for ourselves and others, even those we have never met. Students will also explore the concepts of helpfulness, gratitude, compassion, empathy, and kindness as helpers that assist caring in a variety of ways.

Unit Objective

Students will:

- Define key kindness terms, including helpfulness, gratitude, and caring.
- Explain the connection between helpfulness and gratitude.
- Understand how empathy and compassion go together.

Student Introduction

Welcome to our Caring unit! We have learned so much about how to respect ourselves, others, and our space. Now it is time to use that respect to show caring as well! These next several weeks we will focus on caring and its four helpers- helpfulness, gratitude, compassion, and empathy. All of these concepts work together to help us treat both ourselves and others with kindness.

Caring is kind! Let’s get started!
### Unit Lessons

<table>
<thead>
<tr>
<th>Lesson Title</th>
<th>Lesson Objectives</th>
<th>Materials Required</th>
</tr>
</thead>
</table>
| **Lesson 1** Remember to Care! | ● Demonstrate how to show caring, helpfulness, gratitude, and compassion to others.  
● Identify caring across multiple settings including home and school. | ❑ Interactive Memory Game Powerpoint  
❑ Memory Game Pieces (if you decide to play this game without technology)  
❑ Teacher Script |
| **Lesson 2** Tic-Tac-Toe | ● Highlight grateful actions and words among their peers.  
● Demonstrate gratitude through verbal expression.  
● Become more aware of the helpfulness others provide throughout their day. | ❑ Masking Tape |
| **Lesson 3** Get Well Soon | ● Show compassion by creating get well cards for ill children in the hospital.  
● Explain compassion through art. | ❑ Cardstock  
❑ Art Supplies (your choice)  
❑ Large Manila Envelope  
❑ Stamps (if you mail it) |
| **Lesson 4** Tea Time | ● Explain how to show caring through the use of proper manners.  
● Demonstrate proper manners in a meal setting. | ❑ Iced Tea or Hot Tea  
❑ Dixie Cups  
❑ Silverware  
❑ Paper Plates  
❑ Napkins (optional)  
❑ Construction paper  
❑ Basic art supplies |

### Unit Projects

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<thead>
<tr>
<th>Project Title</th>
<th>Project Overview</th>
<th>Materials Required</th>
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| **Project 1** 100 Ways to Care | Students will work together to catch each other doing 100 different caring/kind actions and document them on a bulletin board. | ❑ Small rocks, blocks or tickets  
❑ 1 cup for each student  
❑ star stickers  
❑ bulletin board supplies |
| **Project 2** A Helping Hand | Students will practice the concept of caring by helping the adults within the school in a fun and tangible way. | ❑ Index Cards  
❑ Simple stamps or stickers (4-5 different types) |