

Kind or Trash?

This lesson focuses on Courage within the school environment by helping students understand the difference between kind and unkind behavior. It takes courage to stand up and identify unkind behavior and then refuse to participate in it.

Courage Sub-Concepts

Kindness

Lesson Timeframe

45 minutes

Required Materials

- ☐ Kind or Trash handout (see below)
- ☐ Trash can
- ☐ Scissors
- ☐ Soft ball for tossing to each other

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.

See last page for details.

Lesson Objective

Students will be able to:

- Decide which activities are kind and which are unkind
- Explain how it takes courage to be kind in our school

Teacher Connection/Self-Care

The end of the year can be hard- try a kindness tune up to keep spirits up. Start each school day with one specific gratitude for class. Open the floor for others to pipe in as well.

Tips for Diverse Learners

- Allow students to walk up to the trash can if they cannot see it or it is hard for them to throw.
- Allow students to fold the paper instead of crumple it if dexterity is an issue.
- Divide into two small groups if group size is overwhelming for some students



Share

5 minutes

Using a ball, play **Kindness Toss**.

Instructions:

- Have the class make a circle in the meeting area.
- Say a person's name and one thing you are grateful/thankful for about them before tossing the ball to them. **Example:** Kinsley always includes me during four-square!
- Once you toss the ball, you scoot back out of the game.

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- The person that caught the ball must choose another person, say their name and one kind thing about them, and then toss the ball to them.
- When the last person receives the ball, they will say something kind about the teacher, toss the ball, and the game will end.



Inspire

Courageously Kind to Our School

5-7 minutes

Review the explanation of Kindness to Environment (school) presented in the first lesson of this unit.

Kindness to Environment (School): Our school is a terrific place to learn each day. Why? Because each one of us does our part to keep it safe, happy, and welcoming every day. Your courageous choice to show kindness in how you care for the school by treating our materials kindly, respecting our space, and being safe on the playground are all ways that help make our school the wonderful learning environment we have today!

School of Courage

5-7 minutes

Draw a simple picture of a school building on the whiteboard. Ask the class how they can use courage to show kindness for our school. Write words and/or draw simple pictures inside your school as they answer. Turn your answers into a simple list if desired.



Empower

20 minutes

Explain that the class will now play a game of Kind or Trash? Here are the directions:

- Cut out the Kind or Trash? Cards down below and make a pile up at the front of the class
- Designate a trash can or bin for students to throw Trash cards away.
- Have your class sit at your circle time/community area.
- Call each student up one at a time and read a card to them.
- They need to decide if that action towards your school environment is Kind or Trash.
 - If it is Kind, tape it to the whiteboard (save these for a kindness bulletin board if desired)
 - If it is trash, crumple it up and throw it away!

Repeat until every student has participated.



Reflect

5-10 minutes

It takes Courage to care for our school, even when others do not treat it with

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kindness. Can you think of ways to help your friends and other students do nice things around school each day? Some things are easy like picking up a toy and putting it away, or picking up trash on the playground. If you see something that can be done, use Courage to be the first one to start!



Extension Ideas

- At home, have each student draw a picture of how they can treat their room, yard, and toys with kindness.



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AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

Leave your backpack on the floor	Leave the door open after going outside
Pick up your backpack and hang it up	Shut the door behind you after going outside
Lean back in your chair when someone walks by	Walking past a coat on the ground during recess
Push your chair in when you get up to leave	Giving a lost coat to a teacher after recess
Leave gum on the table during lunch	Throwing rocks at a squirrel during recess
Spit out your gum in the trash can before eating	Watching the squirrel, but leaving it alone during recess
Break your pencil on purpose	Sharpen your pencil quietly
Use permanent marker on the whiteboard	Use dry erase marker on the whiteboard
Scratch the smartboard with a toy	Be gentle and respectful when using the smartboard
Let the water from the water fountain spill onto the floor	Be mindful of how fast you are drinking, and clean up any water spills from the floor.
Leave the bathroom without washing your hands	Ignoring the trash that is on the ground, right next to the trash can
Wash your hands after going to the bathroom	Picking up the trash that is on the ground, right next to the trash can