Courage

Sub-Concepts Covered: 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 last unit of our six unit series. The focus is on connecting courage to kindness and providing students with the tools to put these concepts into practice. Students will also focus on having the courage to lift themselves up using positive affirmations. Every grade will also end in unison in the final lesson by completing a grade specific Random Act of Kindness. Be on the lookout for what the other grades in your school have in store for you at the end of this unit!

Unit Objective

Students will:

- Identify ways to show courage for ourselves and for others.
- Practice random acts of kindness.
- Discuss how it takes courage to be kind to others without recognition.

Student Introduction

We made it to our final unit - Courage! When most of us think of courage, we think of superheroes. There are lots of ways to be courageous and our focus for this unit is how to use courage to be kind to both ourselves and others. Sometimes we are kind and no one even recognizes it. Although it may sound funny, it takes courage to be willing to do something kind knowing that no one will praise you for it later!

Let's explore the concept of courage and how we can choose kindness to end our year!
## Unit Lessons

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<th>Lesson Title</th>
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| **Lesson 1** Affirmation Mobile | ● Create 3-5 personal affirmations to demonstrate kindness to self.  
● Explain how it takes courage to be kind to ourselves. | ❑ Straws  
❑ Paper Clips  
❑ Affirmation Clouds for each student (see lesson) |
| **Lesson 2** Kindness Mail | ● Create 5 personalized kindness letters to courageously spread kindness to others in class.  
● Explain how it takes courage to be kind to others. | ❑ *Sheila Rae the Brave* by Kevin Henkes  
❑ Basic Art Supplies  
❑ Giant Manila Envelope OR Shoe Box decorated as a mailbox  
❑ 5 Kindness Mail sheets for each student  
❑ 5 basic white envelopes for each student |
| **Lesson 3** Kindness Parade | ● Pledge to use kindness at school daily.  
● Explain how it takes courage to be kind to our school.  
● Create 5 personalized kindness letters to courageously spread kindness to others in class.  
● Explain how it takes courage to be kind to others. | ❑ 2 dowels or brooms  
❑ Long 6 foot piece of butcher paper  
❑ Basic Art Supplies |
● Explain how it takes courage to be kind to others without recognition. | ❑ Brightly colored cardstock  
❑ A heart stencil or cut out  
❑ Yarn  
❑ A hole punch  
❑ Basic art supplies |

## Unit Projects

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<th>Project Title</th>
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| **Project 1** The Book of Kindness | Students will work together to create a classroom book of kindness to leave as a legacy for the incoming kindergarten class. | ❑ 3 copies of the Kindness page per student (see project instructions)  
❑ Cardstock  
❑ Stapler |
| **Project 2** Courageous Acts of Kindness | Students will work to “catch” older students completing acts of kindness to others on the playground. Students identified will receive a special award honoring their good deed. | ❑ Paper and Pencil for each student  
❑ “Courageously Kind” Awards (see project instructions) |