

Kindness Beyond the Classroom®

Facilitator Guide



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Feel free to contact us with questions or comments. We support the promotion of kindness at schools and will be happy to help however we can.

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RANDOM ACTS OF KINDNESS®

What is Kindness Beyond the Classroom®?

Kindness Beyond the Classroom™ is a concise yet comprehensive curriculum that you can use to extend kindness beyond the typical school day. There is a mix of whole group and small group lessons that focus on one of our six kindness concepts: Respect, Caring, Inclusiveness, Integrity, Responsibility, and Courage. We also have two “kindness boost” lessons at the end of each unit that you can use when you feel that students need a quick shot of kindness!

LESSON HIGHLIGHTS

Short and Sweet: We know you have a lot to do, so we kept these lessons pretty short - anywhere from 15-30 minutes. Don't let the time fool you, though; these lessons pack a big punch!

Easy to Implement: Most lessons require very few additional materials to implement. If materials are required or suggested, we took great care to choose items that you already have in your program or can easily get. You can also mix and match these lessons, using them all or just the ones you want to. Customize which lessons you use and when based on your students' needs!

Includes Everyone: The lessons are designed to accommodate both large and small groups and are appropriate for kids anywhere from PreK through 6th grade. Where appropriate, the small group lessons will cue you to group kids by grade (either PreK-2 or 3-6 grades) to help keep the lesson relevant for age and ability. There is a place for everyone in these lessons!

Interactive: We know movement, creativity, and application can help students not only remember but embody these concepts. The lessons offer a mix of movement, art, teamwork, and discussion to empower kids to be respectful, caring, inclusive, full of integrity, responsible, and courageous!

“Every Act of Kindness has the possibility to be life-changing. Kindness inspires; be an inspiration!”

—Tamara Letter, RAKtivist

The Kindness Concepts

The RAK curriculum (K-8) is divided into six kindness concepts, so the Out of School Time curriculum is divided into these six concepts as well. Each concept is listed and defined below. The goal is to present these concepts in a concise and consistent way (both in school and out of school) so that students hear these terms and understand their definitions no matter the grade or setting. As such, it is important to use these terms and definitions as presented versus using your own definition of these terms. This way students are hearing a consistent message which allows them to more easily commit these concepts to memory and put them into practice!

- **Respect:** Respect is treating people, places, and things with kindness.
- **Caring:** Caring is feeling and showing concern for yourself and for others.
- **Inclusiveness:** Inclusiveness is including others, inviting them in, and welcoming them with open arms.
- **Integrity:** Integrity is acting in a way that you know to be right and kind in all situations.
- **Responsibility:** Responsibility is being reliable to do the things that are expected or required of you.
- **Courage:** Courage is being brave when facing new or difficult circumstances.

Each lesson opens with a definition of that lesson’s concept. To make defining and presenting the concepts easier, RAK has colorful and engaging Kindness Concept Posters that you can download, print, and display in your setting. See the last page for links to each poster or for a link to download all the posters together.



Just think of all the kind acts you can do as a team!

“Be kind whenever possible. It is always possible.”

—Dalai Lama

How the Lessons are Designed

Each unit has 6 total lessons (2 whole group, 2 small group, and 2 kindness boosts) and will reinforce the same unit concept without being redundant. Each lesson follows the same framework which keeps them consistent for students and easy for you! And, they are also just **one page** long so you don't have to flip from page to page to track down different parts of the lesson! Easy!

There are four parts to the lesson framework which you can easily identify by the kindness concept icons as shown below. Here is what they mean:



SHARE

Each lesson opens with an opportunity for you to explain the lesson's kindness concept and let students share something based on a prompt you give them.



INSPIRE

The next part of each lesson is designed to inspire kids to think more deeply about the kindness concept. This section often provides language you can simply read to students to help inspire them for the next part of the lesson.



EMPOWER

The third part of every lesson is where students do something to help solidify the concept in practice. The empower sections of the lesson might involve things like playing a game, completing an art project, engaging in a team-based activity, or having more targeted discussion in a small group setting, giving students the chance to share a bit more openly. The empower section is where you will spend most of your time during the lesson.



REFLECT

The final part of each lesson is a short period of reflection, giving students a chance to review the kindness concept and think about how they will apply it in their lives moving forward. This section offers the facilitator usually 2-3 specific reflection questions to ask students to help wrap up the lesson.

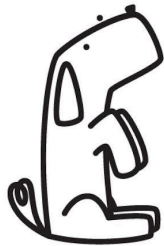
Building Towers

Lesson Timeframe 25-30 min.

Materials

- Straws
- Marshmallows
- Inclusiveness poster (optional)

Each lesson comes with a short list of materials that are inexpensive / easy to find.



Share

Define Inclusiveness: **INCLUSIVENESS IS INCLUDING OTHERS, INVITING THEM IN, AND WELCOMING THEM WITH OPEN ARMS.** (Show the Inclusiveness poster if desired.) Discuss that inclusiveness is a long word that means we invite others to join us! When we work together and use teamwork, we naturally practice inclusiveness. We all deserve to be included, no matter what. Our kind words invite others to join in, even if they are shy.

- What kind words and actions can we offer when we work together during a game or project? Aim for 3-5 volunteers of different ages.

Inspire

Our kind words and actions help others to feel included when we work and play together. We can practice inclusiveness during times of teamwork in two main ways:

- **Using kind words:** How you talk to someone when you work together has a big effect on how welcome they feel. Even if we don't say something mean, our words can still feel unwelcoming. Make an effort to choose words that encourage others to work with you as a team!
- **Choosing kind actions:** This includes your facial expressions, eye contact, and body language. Make sure to smile, make eye contact, and be friendly when working and playing with others.

Today we will practice working together in teams to accomplish a goal. When we include everyone, we reach our goal more quickly!



Empower

Divide your group into small teams of 4-5 students of varying ages and abilities. Every person in each group will get 2 marshmallows and 2 straws. After all the groups have been divided up, explain that they will work as a team to build a tower using all of the supplies provided. Every person must be included to succeed. Each person is responsible for the materials they receive. However, the rest of their team should encourage them in a kind and welcoming way to add to the building during their turn.



Reflect

Have each team share their creation. Encourage each team member to discuss their component if time allows. Guide a discussion on **INCLUSIVENESS**.

- How did it feel to be included during this activity?
- How were you able to practice inclusiveness while we were building our towers?
- What is one way you can practice inclusiveness with your family?

Lessons are presented in four distinct sections to make it fun and easy to teach.

Several options are available that are suitable for different group dynamics.

SMALL GROUP • OPTION 1 • INCLUSIVENESS

Each unit focuses on an important kindness concept.

“The Random Acts of Kindness Foundation educational materials have been such a wonderful addition to our district. We have seen a total shift in both the kids and the adults. [...]”

– Marie

How to use the Lessons

As noted above, the lessons are designed to be consistent, flexible, customizable, and just-in-time for whatever kindness concept your group needs to work on! Here are a few more tips for how to use the lessons for maximum benefit:

Icebreaker: Consider using the lessons right away after taking attendance and completing other introductory tasks (like finishing homework or offering snack). These lessons can help bring students together and set a positive, kind tone for the rest of your time together.

Customize: Each kindness concept has 6 lessons: 2 whole group lessons, 2 small group lessons, and 2 kindness boosts. This means you can choose which lessons work best for your group. Some weeks/months, you may want to use all of the lessons in a unit. During other weeks/months, you may want to do just the whole group lessons. At other times - especially if your group size grows or you have additional facilitators - you may want to use more small group lessons. Or, if you notice the kids need a little shot of kindness, throw in a kindness boost from any of the units! You can go in order of concept or mix and match. You get to pick what works best for you.

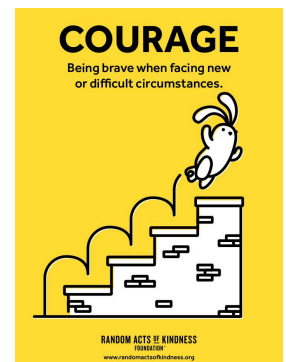
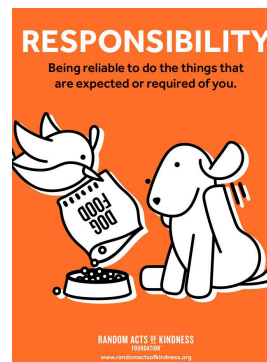
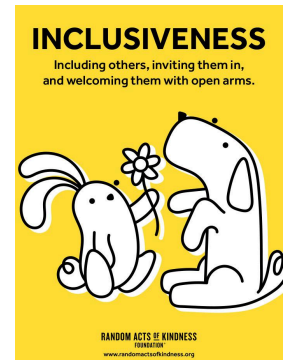
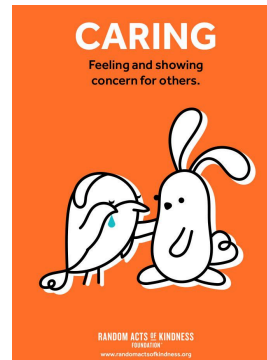
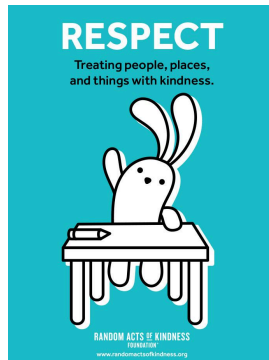
Coordinate: If you are working in a school setting and you know the district’s classroom teachers are using the RAK kindness curriculum, you could coordinate your units with the units they are working on in class. For example: If the classroom teachers are beginning the year with the Respect unit (as is suggested in the RAK curriculum), then you could start your Out of School Time programming with the lessons in the Respect unit as well. This will help reinforce concepts the students are already getting during their school day.

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

—Maya Angelou

The Kindness Posters

Each concept comes with its own poster! Click on the thumbnails below to download them for printing! While each lesson recommends showing the related kindness concept poster, it isn’t required.



You can also [download all posters in one PDF using this link](#). And here is [one printable that includes all six concepts](#).

Have a Great Year!

We hope you and the students in your care enjoy these lessons and that they help you promote a climate of kindness and caring!