

6th - 8th Grade

Quick Start Guide: How to Teach Kindness in the Classroom®

Thank you for choosing *Kindness in the Classroom* as your Tier 1 evidence-based social emotional learning curriculum! We are excited to walk with you on your ongoing kindness journey. Below is a simple tutorial on how to use this curriculum in your 6th-8th grade classroom.

Overview

Kindness in the Classroom is a yearlong curriculum that covers six kindness concepts. Each concept is explored in a six-week format, with 4 weeks of lessons and 2 weeks of projects.

The curriculum is written with a consistent **framework** in mind that is explained [here](#).

The first thing educators will see when they look at a lesson is a **self-care section**. We believe in taking care of yourself first so you can be the best teacher to your students!

Each unit includes a **unit introduction** to help you understand the objectives, individual lesson and project objectives and the materials needed for each lesson/project. It is a snapshot of what you'll be teaching and learning in each unit.

In addition, the units include a **family letter** outlining what their child will be learning.

All of our [training materials](#) are also offered completely free of charge and are available online for download. We encourage you to take a look and train your whole school or district!

What This Looks Like in the Classroom

The six concepts are divided into six units that span the year. Each unit includes main lessons, mini lessons, and a two-week project. The main lessons are approximately 30 minutes in length. Mini lessons to allow additional exploration within the concept in a variety of ways including work in small groups, with partners, individually, and with a technology focus. They are approximately 15 minutes in length.

The following is an example of a simple weekly plan:

Monday	Tuesday	Wednesday	Thursday	Friday
30 minute Main Lesson	15 minute Mini Lesson: Large Group Focus	15 minute Mini Lesson: Small Group Focus	15 minute Mini Lesson: Individual Focus	15 minute Mini Lesson: Technology Focus