

Kindergarten through 5th 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 K-5th grade classroom.

Overview

Kindness in the Classroom is a yearlong curriculum that covers six concepts (Caring, Courage, Respect, Responsibility, Integrity and Inclusiveness) connecting directly back to kindness. Each concept is explored in a six-week format, with four weeks of lessons and two weeks of projects. We have intentionally strived to incorporate common ELA, Math, and CASEL standards in an effort to allow you to accomplish multiple goals.

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 letter that can be sent home to parents outlining what their child will be learning about and how to create common language at home.

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 36 weeks of instruction. Within each unit you are provided four main lessons and two projects. Each lesson is designed to be presented on a weekly basis. The lessons are 30-45 minutes in length.

After completing all four lessons, begin the projects provided to allow students to apply their newly found knowledge around the concept.