<table>
<thead>
<tr>
<th>Unit</th>
<th>Main Lesson Titles</th>
<th>Expected Outcomes</th>
</tr>
</thead>
</table>
| **Unit 1: Respect** | Lesson 1: Three Rules of Respect  
Lesson 2: How Big is Your Hula Hoop?  
Lesson 3: A Rainbow of Respect  
Lesson 4: A Class Full of Respect  
Project 1: Respect Rap  
Project 2: Welcome Ambassadors | ● Identify the concept of respect.  
● Explain the three different types of respect (self, others, space)  
● Gain experience in applying respect in a variety of contexts |
| **Unit 2: Caring** | Lesson 1: Remember to Care!  
Lesson 2: Tic-Tac-Toe  
Lesson 3: Get Well Soon  
Lesson 4: Tea Time  
Project 1: 100 Ways to Care  
Project 2: A Helping Hand | ● Define key kindness terms, including helpfulness, gratitude, and caring.  
● Explain the connection between helpfulness and gratitude.  
● Understand how empathy and compassion go together. |
| **Unit 3: Inclusiveness** | Lesson 1: “I am Special” Book  
Lesson 2: Get Ready to Race  
Lesson 3: Ask Permission  
Lesson 4: The Power of Kind Words  
Project 1: Welcome Party!  
Project 2: A Piece of Our Puzzle | ● Review the concepts of respect and caring.  
● Explain what it means to include others.  
● Explore what it means to be fair.  
● Understand the connection between kindness and inclusiveness. |
| **Unit 4: Integrity** | Lesson 1: Honesty is the Best Policy  
Lesson 2: Our Honesty Handbook  
Lesson 3: Practice Makes Perfect!  
Lesson 4: Every Job Counts!  
Project 1: Honesty Song  
Project 2: Perseverance in Plants | ● Review respect, caring, inclusiveness, and kindness.  
● Define honesty and perseverance.  
● Practice using kindness and respect to develop honest actions in difficult situations.  
● Work as a team to persevere. |
| **Unit 5: Responsibility** | Lesson 1: My Space  
Lesson 2: The Domino Effect  
Lesson 3: Every Drop Counts!  
Lesson 4: Give Me Five!  
Project 1: Responsibility Chart  
Project 2: Recycled Art | ● Define responsibility and self-discipline through both actions and words.  
● Identify how to show responsibility at home and school.  
● Draw connections between self-discipline and responsibility as it applies to their daily lives. |
| **Unit 6: Courage** | Lesson 1: Affirmation Mobile  
Lesson 2: Kindness Mail  
Lesson 3: Kindness Parade  
Lesson 4: Random Acts of Kindness Bookmarks  
Project 1: Courageous Acts of Kindness  
Project 2: The Book of Kindness | ● 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. |
## 1st Grade Unit Overviews

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| **Unit 1: Respect**| **Lesson 1:** Choosing Respect  
**Lesson 2:** How I Care for Me  
**Lesson 3:** Tower of Respect  
**Lesson 4:** How Full is Your Bucket  
**Project 1:** Circles of Respect  
**Project 2:** Create-A-Shake | - Learn how to show respect to others both in the classroom and at home.  
- Demonstrate how to use respectful communication with others.  
- Work respectfully during both independent and work related activities. |
| **Unit 2: Caring** | **Lesson 1:** My Happy Place  
**Lesson 2:** Gratitude Chains  
**Lesson 3:** A Bowl of Compassion  
**Lesson 4:** Graphing with Empathy  
**Project 1:** It’s OK to Feel...  
**Project 2:** Who’s Helping Me? | - Define key kindness terms, including helpfulness, gratitude, and caring.  
- Draw a connection between helpfulness and gratitude.  
- Understand how empathy and compassion go together.  
- Apply self-care thinking to their lives. |
| **Unit 3: Inclusiveness**| **Lesson 1:** Cooperative Musical Chairs  
**Lesson 2:** The Instrument Song  
**Lesson 3:** Odd One Out  
**Lesson 4:** Teamwork for the Win!  
**Project 1:** Building Inclusiveness: Lego Style!  
**Project 2:** Personalized Pendants | - Review the concepts of respect and caring.  
- Explain the difference between include and exclude.  
- Explore how fairness is connected to inclusiveness.  
- Understand the relationship between kindness and inclusiveness. |
| **Unit 4: Integrity**| **Lesson 1:** The Lie Snowball  
**Lesson 2:** An Honest Review  
**Lesson 3:** Perseverance Puzzles  
**Lesson 4:** A Community of Integrity  
**Project 1:** Perseverance Pirates  
**Project 2:** Integrity Handbook | - Review respect, caring, inclusiveness, and respect.  
- Define honesty, dishonesty, and perseverance.  
- Understand the concept of “white lies” and how they build on each other.  
- Identify strategies that help people persevere through challenges.  
- Introduce the concept of integrity. |
| **Unit 5: Responsibility**| **Lesson 1:** Clean Sweep  
**Lesson 2:** A Sandwich of Responsibility  
**Lesson 3:** Environmentally Responsible Charades  
**Lesson 4:** Kindness Coupons!  
**Project 1:** Class Cash  
**Project 2:** Recycle Responsibly | - Define responsibility and self-discipline through both actions and words.  
- Identify how to show responsibility at home and school.  
- Draw connections between self-discipline and responsibility as it applies to their daily lives.  
- Explain how to make responsible choices in a variety of settings. |
| **Unit 6: Courage**| **Lesson 1:** My Kindness Treasure Box  
**Lesson 2:** Catch the Kindness  
**Lesson 3:** Safety First!  
**Lesson 4:** Random Acts of Kindness: Chalk Surprises  
**Project 1:** Kindness Capes  
**Project 2:** Kindness Grams | - Identify ways to show courage for ourselves and for others.  
- Practice random acts of kindness.  
- Show courage through helping ourselves and others.  
- Discuss how it takes courage to be kind to others without recognition. |

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## 2nd Grade Unit Overviews

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</table>
| **Unit 1: Respect**     | Lesson 1: The Ripples of Kindness  
Lesson 2: The Ripples of Respectful Listening  
Lesson 3: The Ripples of Respectful Communication  
Lesson 4: The Ripples of Respectful Teamwork  
Project 1: The Ripples of Respect and Kindness  
Project 2: Choose Kindness | ● Learn basic ways to show kindness and respect in the classroom and learning environment.  
● Identify key elements of respectful listening.  
● Build healthy communication skills to use during a disagreement.  
● Work effectively in teams. |
| **Unit 2: Caring**       | Lesson 1: My Name Word Puzzle  
Lesson 2: Gratitude Scavenger Hunt  
Lesson 3: Compassion Connection: Everyday Emotions  
Lesson 4: Compassion Connection: The Path to Compassion  
Project 1: Thank You for Helping  
Project 2: Gratitude Word Clouds | ● Define key kindness terms, including gratitude, caring, and compassion.  
● Identify the connection among caring, kindness, and helpfulness.  
● Connect empathy and sympathy to compassion.  
● Apply self-care thinking to their lives. |
| **Unit 3: Inclusiveness**| Lesson 1: We are All Wonders!  
Lesson 2: We See!  
Lesson 3: Care + Share = Fair  
Lesson 4: Beyond Our Shells  
Project 1: Inclusiveness and Fairness Toolbox Project  
Project 2: Good Eggs | ● Review the concepts of respect and caring.  
● Discuss what makes two things the same and what makes them different.  
● Understand the difference between include and exclude.  
● Explore how fairness contributes to inclusiveness.  
● Evaluate the connection between kindness and inclusiveness. |
| **Unit 4: Integrity**    | Lesson 1: Pennies of Honesty  
Lesson 2: Integrity with Tech  
Lesson 3: What Would You Do?  
Lesson 4: Look for the Helpers  
Project 1: Read with Perseverance!  
Project 2: Thank You for Helping | ● Review the primary themes from previous units: caring, kindness, inclusiveness, and fairness.  
● Define honesty, dishonesty, and reputation.  
● Utilize caring and kindness to develop honest alternatives to deceptive actions.  
● Identify strategies that help people persevere through challenges.  
● Work as a team. |
| **Unit 5: Responsibility** | Lesson 1: My Body Habitat  
Lesson 2: Our Shared Habitats  
Lesson 3: Habitats in Nature: The Impact of the Beaver  
Lesson 4: One Bag, One Bracelet  
Project 1: Responsibility for Ourselves, Others, and the Environment  
Project 2: Signs of Responsibility | ● Explore how we can make responsible decisions regarding our own bodies and minds.  
● Explore how we can make responsible decisions regarding our shared spaces with others.  
● Explore how we can make responsible decisions regarding the environment.  
● Evaluate how different decisions impact habitat, especially the environment.  
● Discuss the impact of responsible decision making on quality of life and habitat. |
| **Unit 6: Courage**      | Lesson 1: I Believe in Super ME!  
Lesson 2: I Do / They Feel  
Lesson 3: Courage to Clean  
Lesson 4: Random Acts of Kindness: Desk Notes  
Project 1: Courage Journal  
Project 2: Wear Your Courage | ● Identify things they can do to show courage for ourselves and for others.  
● Identify the likely outcome for others by choosing a courageous act.  
● Show courage through helping ourselves and others.  
● Discuss how it takes courage to be kind to others without recognition. |
### 3rd Grade Unit Overviews

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| Unit 1: Respect | **Lesson 1:** Respect Fortune Tellers  
**Lesson 2:** Treat Myself with Kindness  
**Lesson 3:** Time Out!  
**Lesson 4:** Building a Respectful Community  
**Project 1:** RAK Interactive Notebook  
**Project 2:** What Does Respect Look Like? | ● Learn how to show respect to others both in the classroom and at home.  
● Demonstrate how to use respectful communication with others.  
● Work respectfully during both independent and work related activities. |
| Unit 2: Caring | **Lesson 1:** My Affirmation Stone  
**Lesson 2:** Caring Comic  
**Lesson 3:** Compassion Role Plays  
**Lesson 4:** Empathy through the Senses  
**Project 1:** Share Your Feelings  
**Project 2:** Chain of Gratitude | ● Define key kindness terms, including helpfulness, gratitude, and caring.  
● Draw a connection between helpfulness and gratitude and empathy and compassion.  
● Apply self-care thinking to their lives. |
| Unit 3: Inclusiveness | **Lesson 1:** Who am I?  
**Lesson 2:** Who are You?  
**Lesson 3:** Finding Common Ground  
**Lesson 4:** Fair vs. Equal  
**Project 1:** Creative Compliment Cards  
**Project 2:** Kindness Jar | ● Review the concepts of respect and caring.  
● Highlight similarities regardless of preconceived notions of differences.  
● Explore the difference between fair and equal.  
● Understand the relationship between kindness and inclusiveness. |
| Unit 4: Integrity | **Lesson 1:** White Lie to Kind Truth  
**Lesson 2:** Integrity Obstacle Course  
**Lesson 3:** Integrity Role Play  
**Lesson 4:** Persevere to Your Goal!  
**Project 1:** Door of Integrity  
**Project 2:** Perseverance Treasure Map | ● Review respect, caring, and inclusiveness.  
● Define honesty, dishonesty, and perseverance.  
● Understand the concept of “white lies” and how they build on each other.  
● Identify strategies that help people persevere through challenges.  
● Reinforce the skill of perseverance through goal development and follow through. |
| Unit 5: Responsibility | **Lesson 1:** The Ladder of Responsibility  
**Lesson 2:** Who’s Responsible?  
**Lesson 3:** Going Green  
**Lesson 4:** Responsibility Charades  
**Project 1:** Egg Babies  
**Project 2:** Simon Says Art | ● Define responsibility and self-discipline through both actions and words.  
● Identify how to show responsibility at home, in school, and in the community.  
● Draw connections between self-discipline and responsibility as it applies to their daily lives.  
● Explain how to make responsible choices in a variety of settings. |
| Unit 6: Courage | **Lesson 1:** Courage to be ME!  
**Lesson 2:** Kind Words Role Plays  
**Lesson 3:** Community Kindness TOP TEN  
**Lesson 4:** Random Acts of Kindness: Ninja Style  
**Project 1:** Everyday Brave  
**Project 2:** Kindness Klips | ● Identify ways to show courage for themselves, others, and the community.  
● Practice random acts of kindness.  
● Show courage through helping themselves, others, and the community.  
● Discuss how it takes courage to be kind to others without recognition. |
# 4th Grade Unit Overviews

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| **Unit 1: Respect** | **Lesson 1:** Knowing and Respecting Ourselves  
**Lesson 2:** Knowing and Respecting Others  
**Lesson 3:** Knowing and Respecting Places and Things  
**Lesson 4:** Communicate the RAK Way: Respectful, Assured, Kind  
**Project 1:** A Respectful Debate  
**Project 2:** Operation I Respect U | ● Define respect and self-respect.  
● Appreciate how differences make people unique and interesting.  
● Determine a concrete strategy for demonstrating respect for things and places.  
● Connect respect and kindness to understanding the beliefs, values, and opinions of others. |
| **Unit 2: Caring**    | **Lesson 1:** Take Five  
**Lesson 2:** Give Five  
**Lesson 3:** Dear Me: A Letter on Compassion  
**Lesson 4:** What Would You Do?  
**Project 1:** Caring Lapbook  
**Project 2:** Empathy Obstacle Course | ● Identify strategies to help manage stress and improve self-respect.  
● Discuss the concepts of caring and compassion.  
● Understand the definition of empathy. |
| **Unit 3: Inclusiveness** | **Lesson 1:** Inclusiveness Investigation  
**Lesson 2:** Crossing the Toxic Swamp: Teamwork  
**Lesson 3:** Including Yourself  
**Lesson 4:** Fair vs. Equal  
**Project 1:** Friendship Chains  
**Project 2:** Inclusiveness Picture Book | ● Explore what true friendship looks like.  
● Recognize that teamwork requires inclusiveness.  
● Recognize the value of including ourselves in activities as a means toward including others.  
● Apply problem-solving strategies to help make different situations fair and/or equal for everyone involved. |
| **Unit 4: Integrity** | **Lesson 1:** Integrity Through Kindness  
**Lesson 2:** Integrity Through Honesty  
**Lesson 3:** Integrity Through Perseverance  
**Lesson 4:** Integrity Through Goals  
**Project 1:** Inclusiveness Billboards  
**Project 2:** Perseverance Bookmarks | ● Analyze integrity through the lens of kindness.  
● Analyze integrity through the lens of honesty.  
● Analyze integrity through the lens of perseverance.  
● Analyze integrity and perseverance through the lens of goal setting. |
| **Unit 5: Responsibility** | **Lesson 1:** Strategies for Self-Discipline  
**Lesson 2:** Impacting Others with our Responsibilities  
**Lesson 3:** Go Green!  
**Lesson 4:** Personal Responsibility Inventory  
**Project 1:** Responsibility Egg Drop Challenge  
**Project 2:** Responsibility Word Search | ● Identify personal responsibilities at school, home, and to self/with others.  
● Examine the cause and effect relationship between fulfilling or neglecting our responsibilities.  
● Evaluate how to be environmentally responsible at home and at school.  
● Identify strategies for responsibility self-improvement. |
| **Unit 6: Courage**    | **Lesson 1:** “I Am” Poem  
**Lesson 2:** Forming Courageous Responses Using I-Statements  
**Lesson 3:** World Changers  
**Lesson 4:** Random Act of Kindness: Shining Stars  
**Project 1:** Courage Maps  
**Project 2:** Failure Ta-Da! | ● Examine what it means to have courage about being yourself.  
● Use I-statements to give courageous and kind responses to others.  
● Evaluate how courage inspires people to be active in their community for good causes.  
● Identify people in school who work hard but are not always appreciated. |
# 5th Grade Unit Overviews

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<th>Unit</th>
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| **Unit 1: Respect** | Lesson 1: From the Inside Out  
Lesson 2: Respecting Our (Emotional) Selves  
Lesson 3: Recognizing & Restoring Respect  
Lesson 4: I’m Sorry + How Can I Help?  
Project 1: Feeling Self-Portraits  
Project 2: Respect Scavenger Hunt |  
- Identify different emotions and explore how our emotions are influenced by others.  
- Explore healthy ways to care for their own mental and emotional health.  
- Identify respectful and disrespectful behavior.  
- Articulate respectful solutions to problems. |
| **Unit 2: Caring** | Lesson 1: Word Clouds of Care  
Lesson 2: Communication Comic  
Lesson 3: Making a Sincere Apology  
Lesson 4: Steps to Forgiveness  
Project 1: I Care for My Selfie  
Project 2: Spread Care Project Plan |  
- Identify rumors and gossip.  
- Communicate assertively.  
- Identify ways to give a sincere apology.  
- Learn how forgiving others helps them to live happier lives. |
| **Unit 3: Inclusiveness** | Lesson 1: Which One of These Doesn’t Belong?  
Lesson 2: Kindness Escape Room: Teamwork  
Lesson 3: Inclusion Acrostic  
Lesson 4: Fair But Equal  
Project 1: Notable Quotables: Inclusiveness Posters  
Project 2: The Rules of Inclusion |  
- Identify similarities and differences among different objects or people.  
- Recognize how teamwork requires inclusiveness.  
- Develop a mission statement through an acrostic poem around the qualities they value about inclusion.  
- Apply problem-solving strategies to help make different situations fair, equal, and/or equitable for everyone involved. |
| **Unit 4: Integrity** | Lesson 1: Defining Honesty and Integrity  
Lesson 2: How Honest Are You?  
Lesson 3: Why Cheat?  
Lesson 4: Consequences of Cheating  
Project 1: One-Act Plays  
Project 2: Anti-Cheating School-Wide Campaign |  
- Define honesty and integrity.  
- Evaluate a variety of statements about honesty.  
- Use strategies in perseverance to combat the temptation to cheat.  
- Explore a variety of ways people cheat and the consequences of their actions. |
| **Unit 5: Responsibility** | Lesson 1: What Are You Responsible For?  
Lesson 2: Our Greatest Influences  
Lesson 3: What is my Respons(ibility)?  
Lesson 4: Media Influence  
Project 1: Tag, You’re It!  
Project 2: Egg Baby Responsibility Project |  
- Analyze the role of self-discipline in responsible decision making.  
- Identify what influences responsible decision making.  
- Determine appropriate and responsible reactions to various situations.  
- Evaluate the media’s impact on emotions and responsible decision making. |
| **Unit 6: Courage** | Lesson 1: Try New Things:  
Courage Dance Party  
Lesson 2: Come Back with Courage: Role Play  
Lesson 3: Be the Change  
Lesson 4: 30 Random Acts of Kindness  
Project 1: 5th Grade Thank You Notes  
Project 2: Courage Research Project |  
- Recognize that being our best selves takes courage & sometimes risk.  
- Practice respectful ways of saying “no” to peer pressure.  
- Discuss the role of courage in making change in a community.  
- Discuss the experience and impact of engaging in random acts of kindness. |