## Kindergarten Unit Overviews

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<tr>
<th>Unit</th>
<th>Main Lesson Titles</th>
<th>Expected Outcomes</th>
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| 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. |

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# 1st Grade Unit Overviews

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

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<tr>
<th>Unit</th>
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| 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 Scavenger Hunt: 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.                                                                                                                                 |

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# 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. |

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## 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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| 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. |

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