



The Kindness in the Classroom (KiC) curriculum is a Tier 1 evidenced-based social emotional learning curriculum designed to help schools create a culture of kindness.



CASEL select program

Curriculum Highlights

- ✔ **100% FREE!**
 There is never a charge for anything we offer.
- ✔ **KINDNESS IS THE FOUNDATION**
 The curriculum goes beyond skill acquisition giving students an opportunity to be inspired, feel empowered, act on what they've learned, then reflect on and share their experiences.
- ✔ **ALIGNED WITH STANDARDS**
 All of the lessons have been mapped to Common Core, CASEL, and National Health Education Standards.
- ✔ **A FOCUS ON SELF-CARE**
 Each lesson begins with a focus on teacher self-care.
- ✔ **STRONG EQUITY LENS**
 The KiC curriculum has been rated excellent by The Equity Project.
- ✔ **TEACHER APPROVED**
 Educator focus groups feedback helped guide the curriculum design.
- ✔ **DIGITAL CITIZENSHIP**
 Emphasis in grades 6-8 on students' connection and responsibility with technology.

Kindness Concepts

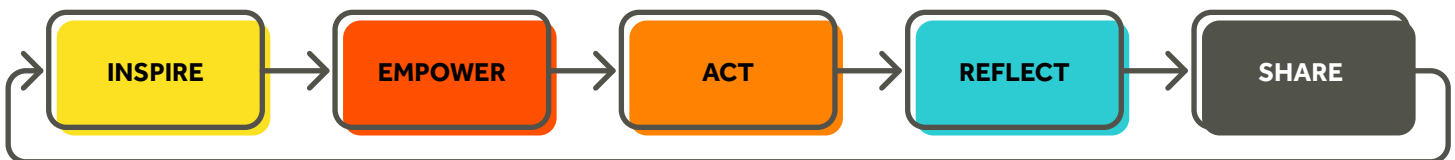
The Kindness in the Classroom lesson plans focus on six kindness concepts that teach kids important SEL skills.

Each concept is taught through discussion, fun games, activities, and home extension components.

Respect
Caring
Inclusiveness
Integrity
Responsibility
Courage

KINDNESS FRAMEWORK

The kindness framework is what we call the simple, five-step cycle each lesson uses to teach life-long kindness skills. Here's how it works.



Interest is sparked and inspired through video clips, role-play, games or hands-on activities.

Students participate in thoughtful discussion and are given tools that empower them to do kindness.

Once students have inspiration and tools, they put ideas into action in tangible ways in their classroom and community.

Students then reflect and discuss how they have applied kindness and how good it feels to pay it forward with kindness.

Students are encouraged to share what they've learned with their families through take-home activities.

FREE Training Available

Cultivating Resilience Through Kindness

The training is designed to focus the emotional wellness of staff through simple, tangible ways to build resilience, gratitude and kindness by re-connecting them to what they do best—teaching.

Download the training @ www.randomactsofkindness.org/for-educators/training

RANDOM ACTS OF KINDNESS
 FOUNDATION®

Download the curriculum @ www.randomactsofkindness.org/for-educators
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