

THE KINDNESS IMPACT®

Class Syllabus

RAK Mission: To make kindness the norm™ in our schools, workplaces, homes, & communities.

Course Objectives

Students will:

1. Apply the kindness concepts in daily tasks.
2. Gain skills in research and analysis.
3. Evaluate the impact of kindness in real-life situations.
4. Design and execute a community service project.

Resources / Materials

- There is no required textbook or lab materials for this course.
- You will need a Journal or dedicated notebook for journaling.
- Your teacher will inform you of specific technology requirements.

Commitments & Expectations

- Collaboration and teamwork
- Desire to partner with and improve the local community
- Ability to work/plan/execute tasks outside of class time
- Willingness to share and discuss

COURSE DESCRIPTION

This class meets the state community service graduation requirement for up to 50 hours.

In this course, you will have an opportunity to gather new and deeper insights about respect, caring, integrity, inclusiveness, and courage and to begin to apply them in new and more meaningful ways. Through the development and deployment of a community service project, you will build self-initiative, critical thinking, and community networking skills. Each week gives you new ways to increase your capacity for kindness.

KINDNESS CAPSTONE

In Weeks 2-7, you will learn about the six **kindness concepts**: Respect, Caring, Inclusiveness, Integrity, Responsibility, and Courage. Not only will you learn about the concepts themselves, you will study them in your community and collect data on what you find.

In Weeks 8-16, you will work on a **community-based project** regarding at least one of these concepts that you, as a class, identify as *low or missing* in your community. Through community mapping, analysis, and partnership, you will work together in small groups, planning and executing a community project in service to the deficient or missing concept. Your chief goal is to increase kindness in your community!

GRADES & ASSESSMENTS

There are many ways to earn points in this course. Your teacher will communicate the final points spread at the start of the class. The general percentage breakdown may be as follows (the teacher may update at any time):

- Daily participation - 10%
- Homework/Journals - 20%
- Project Completion - 35%
- Project Reflection - 15%
- Project Presentation - 20%

Note: If you'd like to adjust the point system for your students, [click here](#) to make an editable copy of this document.

Policies & Engagement

<p>Cheating</p> <p>While you will be working collaboratively throughout the class, you are expected to contribute your own original ideas and complete the work assigned to you. In your journaling, worksheet completion, and project creation and execution, ensure you are doing what is expected and required of you. Cheating will not be tolerated and will be handled according to the school's cheating policies.</p>	<p>Plagiarism</p> <p>Plagiarism is the act of stealing the work (writing, imagery [including photos, charts, graphs, etc.], ideas, or other intellectual property) without proper attribution. Remember, you will be conducting both primary and secondary research in this course. It is okay to incorporate the work of others in your idea planning, report writing, and presentations. However, you must give credit to the original sources of these ideas <i>and</i> the <i>majority</i> of your work should be your own. Refer to the school or teacher's plagiarism policy for specific details.</p>	<p>Respect</p> <p>In this class, we will embody the first kindness concept we study: Respect. When interacting with others <i>and</i> when thinking of, speaking about, or speaking <i>to</i> others, we will be respectful. We will listen intentionally, think before speaking, use I-statements when engaging in disagreement or debate, and be kind to one another. We will give each other the same care and concern that we, ourselves, would like to receive.</p>
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Topics & Timeline

<p>Week 1: Introduction</p> <ul style="list-style-type: none"> ● Welcome ● Syllabus ● Kindness Capstone Introduction ● Kindness Self-inventory and other activities as determined 	<p>Week 2: Respect</p> <ul style="list-style-type: none"> ● Definition of Respect ● Respecting Opinions ● Types of Respect ● Respect as a Right ● Respect in your Community ● Mapping & Journal 	<p>Week 3: Caring</p> <ul style="list-style-type: none"> ● Definition of Caring ● Caring for self and for others ● Empathy ● Gratitude ● Caring in your Community ● Mapping & Journal 	<p>Week 4: Inclusiveness</p> <ul style="list-style-type: none"> ● Definition of Inclusiveness ● Fairness ● Equity ● Equality ● In group/Out group thinking ● Media evaluation ● Inclusiveness in your Community ● Mapping & Journal 	<p>Week 5: Integrity</p> <ul style="list-style-type: none"> ● Definition of Integrity ● Anti-bullying campaign ● SMART goal setting ● Integrity in your Community ● Mapping & Journal 	<p>Week 6: Responsibility</p> <ul style="list-style-type: none"> ● Definition of Responsibility ● Self-Discipline ● Honesty ● Procrastination ● Responsibility in your Community ● Mapping & Journal
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<p>Week 7: Courage</p> <ul style="list-style-type: none"> • Definition of Courage • Symbols of Courage • Courage across the concepts • Vulnerability • Courage in your Community • Mapping & Journal 	<p>Week 8: Community Mapping</p> <ul style="list-style-type: none"> • Concept mapping • Identifying kindness concept gaps • Community evaluation • Project brainstorming • Journal 	<p>Week 9: Project Planning</p> <ul style="list-style-type: none"> • Project planning • Project selection • Goal setting • Brainstorm Worksheet • Project outline • Journal 	<p>Week 10: Community Collaboration, A</p> <ul style="list-style-type: none"> • Explore examples of community collaboration • Identify & evaluate collaborators for the kindness projects • Elevator pitch • Journal 	<p>Week 11: Community Collaboration, B</p> <ul style="list-style-type: none"> • Project marketing and communication • Project and goal evaluation • Progress reporting 	<p>Week 12: Project Implementation, A</p> <ul style="list-style-type: none"> • Active listening • Skits • Progress reporting • Teacher check-ins • Team and progress evaluation • Journal
<p>Week 13: Project Implementation , B</p> <ul style="list-style-type: none"> • Point-of-view activity and evaluation • Teacher-check-ins • Project and progress evaluation • Journal 	<p>Week 14: Project Implementation, C</p> <ul style="list-style-type: none"> • Finding common ground • Progress reporting • Teacher check-ins • Team and progress evaluation • Journal 	<p>Week 15: Project Reflection</p> <ul style="list-style-type: none"> • Project debrief and impact evaluation • Self-reflection proposal • Kindness self-inventory 	<p>Week 16: Project Presentation</p> <ul style="list-style-type: none"> • Project presentation • Course wrap-up 		