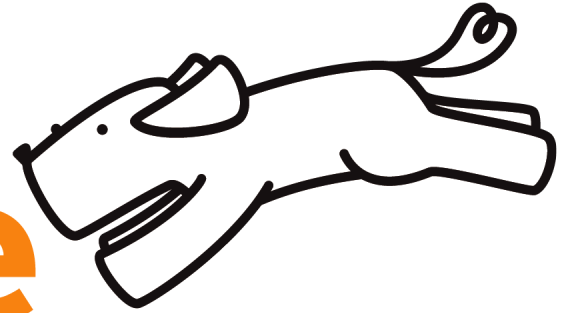


# Courage



## Sub-Concepts Covered: Kindness

Kindness in the Classroom lessons teach kindness skills through a step-by-step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the 'share' step to reinforce learning from previous lessons. The 'act' piece is woven into the lessons but really takes place in the projects.

This is the last unit of our six unit series. The focus is on connecting courage to kindness and providing students with the tools to put these concepts into practice. Students will also focus on having the courage to lift themselves up using positive affirmations. Every grade will also end in unison in the final lesson by completing a grade specific Random Act of Kindness. Be on the lookout for what the other grades in your school have in store for you at the end of this unit!

## Unit Objective

Students will:

- 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.

## Student Introduction

We made it to our final unit- Courage! When most of us think of courage, we think of superheroes. There are lots of ways to be courageous and our focus for this unit is how to use courage to be kind to both ourselves and others. Sometimes we are kind and no one even recognizes it. Although it may sound funny, it takes courage to be willing to do something kind knowing that no one will praise you for it later!

Let's explore the concept of courage and how we can choose kindness to end our year!

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> Affirmation Mobile	<ul style="list-style-type: none"> <li>● Create 3-5 personal affirmations to demonstrate kindness to self.</li> <li>● Explain how it takes courage to be kind to ourselves.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Straws</li> <li><input type="checkbox"/> Paper Clips</li> <li><input type="checkbox"/> Affirmation Clouds for each student (see lesson)</li> </ul>
<b>Lesson 2</b> Kindness Mail	<ul style="list-style-type: none"> <li>● Create 5 personalized kindness letters to courageously spread kindness to others in class.</li> <li>● Explain how it takes courage to be kind to others.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Sheila Rae the Brave</i> by Kevin Henkes</li> <li><input type="checkbox"/> Basic Art Supplies</li> <li><input type="checkbox"/> Giant Manila Envelope OR Shoe Box decorated as a mailbox</li> <li><input type="checkbox"/> 5 Kindness Mail sheets for each student</li> <li><input type="checkbox"/> 5 basic white envelopes for each student</li> </ul>
<b>Lesson 3</b> Kindness Parade	<ul style="list-style-type: none"> <li>● Pledge to use kindness at school daily.</li> <li>● Explain how it takes courage to be kind to our school.</li> <li>● Create 5 personalized kindness letters to courageously spread kindness to others in class.</li> <li>● Explain how it takes courage to be kind to others.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 dowels or brooms</li> <li><input type="checkbox"/> Long 6 foot piece of butcher paper</li> <li><input type="checkbox"/> Basic Art Supplies</li> </ul>
<b>Lesson 4</b> Random Acts of Kindness Bookmarks	<ul style="list-style-type: none"> <li>● Complete a random act of kindness.</li> <li>● Explain how it takes courage to be kind to others without recognition.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Brightly colored cardstock</li> <li><input type="checkbox"/> A heart stencil or cut out</li> <li><input type="checkbox"/> Yarn</li> <li><input type="checkbox"/> A hole punch</li> <li><input type="checkbox"/> Basic art supplies</li> </ul>

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> The Book of Kindness	Students will work together to create a classroom book of kindness to leave as a legacy for the incoming kindergarten class.	<ul style="list-style-type: none"> <li><input type="checkbox"/> 3 copies of the Kindness page per student (see project instructions)</li> <li><input type="checkbox"/> Cardstock</li> <li><input type="checkbox"/> Stapler</li> </ul>
<b>Project 2</b> Courageous Acts of Kindness	Students will work to “catch” older students completing acts of kindness to others on the playground. Students identified will receive a special award honoring their good deed.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Paper and Pencil for each student</li> <li><input type="checkbox"/> “Courageously Kind” Awards (see project instructions)</li> </ul>