

*New to RAK? Want to teach the high school lessons? Hope to learn more?*

*This overview summarizes the RAK program, the elements of the high school lessons and ways to use other RAK resources.*

## 1. Understand the RAK Kindness in the Classroom Program

- a. **Review the [Educator Guide](#)**, which provides background about RAK's evidence-based approach to teaching kindness.
- b. **Note the connection to social and emotional learning.** The RAK program is designed around the Collaborative for Academic, Social and Emotional Learning's (CASEL) five competencies that are key to developing social and emotional skills: self-management, self-awareness, responsible decision-making, relationship skills and social awareness.
- c. **Learn about RAK's Kindness Concepts.** Each unit focuses on a few of the 12 RAK Kindness Concepts (assertiveness, caring, compassion, fairness, gratitude, helpfulness, integrity, perseverance, respect, responsibility, self-care and self-discipline). The Concepts covered are listed on the first page of each unit. For information about incorporating these Concepts into your classroom, see the [Educator Guide](#), p. 8.
- d. **Determine how to implement RAK in the school day.** The high school units are designed for use in a health class, advisory, freshman seminar, with a leadership group, or an after-school club.
- e. **Determine how to build trust in the classroom.** Creating a safe classroom is crucial for learning about the sensitive subjects discussed in the units. RAK's [Building Trust in the Classroom](#) suggests ways to provide students with emotional and academic support, create healthy group dynamics and extend learning. It may help for you to think of yourself as a coach and co-learner alongside your students.
- f. **Generate interest in the material.** Contextualizing the lessons to fit with your school vision, areas of student interest or shared experiences will engage the students.
- g. **Review the [High School Emotional Care Unit summary and table of contents](#)**, which describes the unit focus, lists goals for every lesson in that unit and the lesson materials. The unit ends with a project where students share kindness with the school or community; the project can be large or small depending on time and resources.



## 2. Note the Lesson Elements

- a. **Goals, Time, Materials and Resources** are listed at the top of each lesson.
- b. **Lesson Background for Teachers**, which includes information on how the content relates to kindness. This connection is made explicitly throughout the lessons.
- c. **Key Terms for Students**, which expand the social and emotional vocabulary of the students. These can be copied onto the board, posted in the classroom or copied into journals.
- d. **Tips for Diverse Learners**, which offer ideas for adapting the lessons to meet the unique needs of your students while still achieving the lesson goals. See [Educator Guide](#), p. 22 for other tips.



- e. **Inspire, Empower, Act and Share format.** Each lesson is designed to inspire and empower students with kindness skills that prompt them to act kindly toward themselves and others and share kindness. The materials can be adapted to fit your teaching style and classroom needs.
- f. **Different modalities.** Each lesson uses many methods (visual clips, games, role-plays, worksheets, discussion) to teach the content. Note that activities generally end with a discussion, which include simple recall as well as more complex application questions. Feel free to choose the questions that fit your time frame and classroom style.
- g. **Wrap-Up (Evaluation Questions, Reflection Questions, Summary).** Each RAK lesson provides content evaluation questions and deeper reflection questions. Determine which questions you want students to answer before teaching the lesson. If you want to formally assess students, have them respond to the evaluation questions and assess using the rubric in the unit Appendix, making sure to share the rubric with students. To allow students the chance to apply the content to themselves, provide them with a private RAK journal to respond to the reflection questions. A scripted lesson summary is provided.
- h. **Kindness in Action.** Each lesson ends with a Kindness Minute, where students are asked to do a simple act of kindness before leaving class. There is also a Kindness in Action homework assignment to help reinforce the social and emotional learning taking place in the classroom. Also consider revisiting the Kindness in Action activities if students need more time to develop these skills.



### 3. Use other RAK resources to go deeper

- a. **RAK student self-assessment and teacher self-assessment,** which offers a way for students and teachers to reflect on their practice and set goals around kindness while doing the RAK lessons.
- b. **RAK Focusing Strategies,** which are designed to help students better develop the skills needed to pay attention, have a more positive attitude, regulate their emotions, and boost their desire to learn. These strategies are referenced in the units to help students refocus their attention or can be developed as a classroom practice.
- c. **Collaborative Learning Guide.** This guide helps teachers work together (or on their own) to set individual or collaborative goals around kindness, identify research-based strategies and interventions to meet those goals, share best practices, and monitor student and classroom growth. Consider using this guide when meeting with your cohort or school's professional learning community.
- d. **RAK Journals.** Consider providing a private RAK journal where students can keep track of their class notes, reflections and assignments. These can be composition books or handmade journals with RAK written on the cover.
- e. **Learning Standards.** The Common Core, CASEL and other standards met through the lessons are listed at the end of each unit.
- f. **Lesson Adaptations.** Scripted explanations are provided, but use language that feels natural. Change the scenarios, names or examples to fit your classroom or school.

