



Grade 1 • Ages 5-7

Good Manners

Unit Objective

Students will gain a better understanding that having kind feelings can help them be kind to other people, recognize that using manners when speaking is a way to be kind and demonstrate what it means to cooperate and share with others.

Suggested Introduction

For the next few days, we are going to talk about what it means to use good manners and how to cooperate and share. Can anyone tell me what it means to use good manners or to be polite? Why do you think people use good manners? Who is responsible for your manners?

Allow time for students to respond and discuss, either as a class or in small groups. You can also use this time to introduce the Kindness Concepts (respect and responsibility) and create classroom definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for respect and responsibility as a way to reinforce learning.

Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RESPECT Treating people, places, and things with kindness.

RESPONSIBILITY Being reliable to do the things that are expected or required in your life, home, community and environment.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

YOUR NOTES

Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas. The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills. Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each lesson includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Establishing kindness as the norm in your classroom positively influences classroom culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone.

Revisiting the topics or questions raised during discussions regularly will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.



Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Mind Your Manners	Students will practice using good manners and reflect on how being polite can encourage sharing and cooperation.	<ul style="list-style-type: none">• “Mr. Manners Matters” song downloaded on YouTube before class. https://www.youtube.com/watch?v=kGzSUZv6ZE• Kindness Concept Poster for Respect
Lesson 2: Who Has Manners?	Students will recognize situations where using good manners could help encourage sharing/cooperation and resolve conflict.	<ul style="list-style-type: none">• Manners skits provided or you can write your own• Puppets or hats for skits, if desired• Kindness Concept Posters for Respect, Responsibility
Lesson 3: Manner Mingle	Students will identify which manners are most useful in different situations.	<ul style="list-style-type: none">• Before class, create signs that say Please, Thank You, You’re Welcome, Excuse Me posted in four corners of the room• Kindness Concept Poster for Respect
Lesson 4: Building Cooperation	Students will cooperate with their classmates to build a tower and practice using good manners.	<ul style="list-style-type: none">• Tower building activity materials: Half a bag of mini marshmallows and 50 toothpicks for each group of three students• Paper and Pencil• Please, Thank You, You’re Welcome, Excuse Me signs• Kindness Concept Posters: Respect, Responsibility

