



Grade 1 • Ages 5-7

Learning to Listen

Unit Objective

Students will demonstrate effective listening skills as a way to show kindness.

Suggested Introduction

For the next few days (weeks), we are going to be developing our listening skills and will discuss how we can listen to each other with respect and kindness. Can someone give me an example of how we can listen with respect? Do you think it is important to be a good listener? Why or why not?

Allow time for students to respond and discuss, either as a class or with a partner. You also can use this time to introduce the Kindness Concepts (**respect, responsibility**) and create community 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.



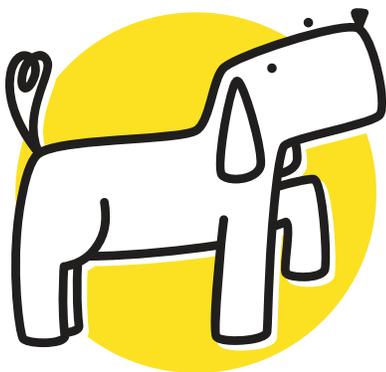
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

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

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: What Do You Hear?	Students will practice listening attentively to different sounds in their everyday life and reflect on strategies that make it easier for them to listen.	<ul style="list-style-type: none">Decide before class what you will need for listening game sounds, option 1
Lesson 2: Listen Up!	Students will practice listening and select the correct response after listening to sentences being read.	<ul style="list-style-type: none">Which Sentence is Right? activity sheet, one for each student
Lesson 3: Act it Out!	Students will learn about practical ways they can be better listeners through role-play scenarios.	<ul style="list-style-type: none">Listening Role-Plays, cut apart before class
Lesson 4: Talking Sticks	Students will learn how Native American tribes have used talking sticks to listen to others and practice their listening skills with talking sticks they make.	<ul style="list-style-type: none">Talking Stick images (provided)Teacher's talking stick, made before classMaterials for each student to make a talking stick, including: a smooth wooden rod (about 2 feet long) or paper towel tube, yarn, paint brushes and paint or markers that won't rub off when handled, feathers, stickers or other decorative items. Be creative!



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.

