



Grade 1 • Ages 5-7

Learning to Solve Problems

Unit Objective

Students will demonstrate effective learning skills as a way to show kindness and identify problem-solving strategies, and demonstrate the ability to make kind choices using those strategies.

Suggested Introduction

For the next few days, we are going to be talking about how we can listen and solve problems. Can someone give me an example of how we can show someone that we are listening? How can this help to solve problems?"

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 (perseverance, respect) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for perseverance and respect as a way to reinforce learning.

Kindness Concepts

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

PERSEVERANCE Keep trying even when something is difficult, not giving up.

RESPECT Treating people, places, and things with kindness.

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



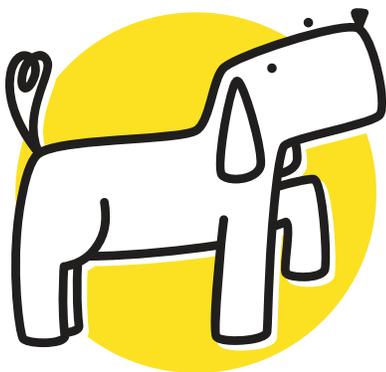
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

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: Talk and Work It Out	Students will identify different strategies they can use to calm down to resolve problems.	<ul style="list-style-type: none">• Talk and Work it Out by Cheri J. Meiners, Minneapolis, MN. Free Spirit Publishing, 2005
Lesson 2: Problem-Solving Strategies	Students will practice using four steps to solve a problem.	<ul style="list-style-type: none">• Peace Place Rules sign (provided)• Basket/mailbox for Peace Place (make sure to establish a location for this before class)
Lesson 3: Listening with an Open Mind	Students will identify different ways they can listen with an open mind.	<ul style="list-style-type: none">• Quart-size plastic jar with lid• Draw and cut out a face (about 4" high x 3" wide), taped to the top of the jar• 8-10 clothespins• Poster sheets
Lesson 4: How Can We Solve This Problem?	Students will identify the best solutions for solving a variety of problems.	<ul style="list-style-type: none">• Index cards, with common problems from your class written on them before class like: Someone pushes you in line; You and another child want to play a different game at recess; A friend isn't talking to you; A bigger kid is bullying you; Another student doesn't want to share the Legos, etc.



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.

