



Grade 2 • Ages 7-8

How Can We Be Kind?

Students will learn that there are kind and respectful ways to play and work together.

Unit Objective

Students will learn that kind and unkind actions have implications that can affect others.

Introducing This Unit To Your Students

For the next few weeks, we are going to talk about how our actions can impact other people. Can you describe a time when someone was kind or unkind to you and how that made you feel?

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

Kindness Concepts

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

- COMPASSION** Being aware when others are sick, sad, or hurt and wanting to help.
- HELPLESSNESS** Assisting or serving in a kind way.
- 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.



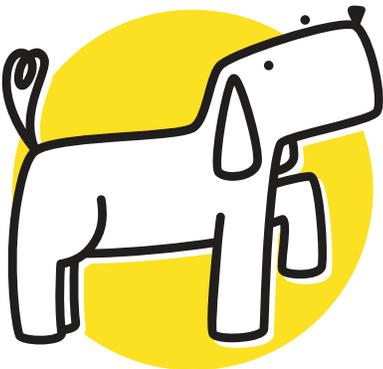
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

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: Moving Forward | Students will learn that working as a team can benefit everyone. | <ul style="list-style-type: none">• Newspaper sheets, two per student• A large space to spread out and play a game• RAK journal for writing activities• Kindness Concept Posters: Helpfulness and Respect |
| Lesson 2: The Quiltmaker's Gift | Students will learn that giving can fill your heart. | <ul style="list-style-type: none">• The Quiltmaker's Gift, by Jeff Brumbeau (Scholastic Press: 2002) If you do not have this book, you can watch a reading online.• Small squares of paper or post-its• RAK journals• Kindness Concept Posters: Compassion and Respect |
| Lessons 3&4: Pennies with a Purpose | Students will gain awareness of community members in need and build a sense of compassion and agency. | <ul style="list-style-type: none">• 5 to 10 coffee cans or containers, with lids, holes cut in the plastic top• Construction paper, cut to fit the containers• Other construction paper for fundraising signs• Tape, jar filled with pennies• Markers or paints• Kindness Concept Posters for Generosity, Helpfulness and Compassion |
| Optional Lesson: Pennies with a Purpose | Students will learn about and practice prediction, estimation and skip counting. | <ul style="list-style-type: none">• Money collected from Pennies with a Purpose Project• Kindness Concept Posters for Compassion, Helpfulness |



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 activity 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.

Regularly revisiting the topics or questions raised during discussions 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.

