



Grade 2 • Ages 7-8

It Takes One

Students will examine what respectful behavior looks and feels like in themselves and toward others.

Unit Objective

Students will be able to understand why it is wrong to tease others, identify why making fun of others is harmful to self and others, describe the difference between bullying and teasing and explain what to do if you or someone else is being bullied.

Introducing This Unit To Your Students

For the next few weeks, we are going to talk about joking, teasing and bullying. What do you think it means to joke with someone? To tease someone? To bully someone? Do you think there is a difference?

You can also use this time to introduce the Kindness Concepts (**assertiveness**, **respect**) and create community definitions for these concepts or use the definitions listed below. Note that this is a sensitive topic and there may be unequal power relationships in the classroom. You may want to have the students respond to the evaluation questions in their journals if you don't feel they can safely discuss the questions as a class or in small groups. Consider using the [Kindness Concept Posters](#) for **assertiveness** 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.

ASSERTIVENESS Standing up for yourself and what you believe in while being respectful of others.

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.



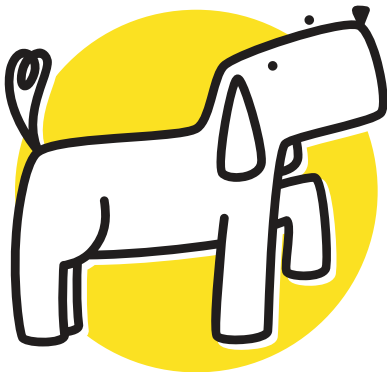
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

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: The Story of One	Students will differentiate between the concepts of joking, teasing and bullying and will be introduced to the power a bystander can make.	<ul style="list-style-type: none">• One by Kathryn Otoshi (KO Kids Books: 2008) Or search YouTube for read aloud version of book.• RAK journals• Kindness Concept Posters for Assertiveness, Respect
Lesson 1 Optional Extension: The Art of One	Students will explore their unique personality and represent it in a color portrait.	<ul style="list-style-type: none">• Red, yellow, blue, green, purple and orange construction paper• Your self portrait collage made from construction paper as an example• RAK journal• Kindness Concept Posters for Assertiveness, Respect
Lesson 2: Joking, Teasing or Bullying?	Students will distinguish the difference between joking, teasing and bullying and understand how joking, teasing and bullying can strengthen or weaken relationships.	<ul style="list-style-type: none">• Large white poster sheet divided into three columns with the following headings: Joking, Teasing, Bullying• Create three signs, one that says "JOKING", another that says, "TEASING", third that says "BULLYING", and post on different walls before class• Kindness Concept Posters for Assertiveness, Respect
Lesson 3: Bullying Role-Plays	Students will learn strategies to respond to someone who is bullying them and role-play different scenarios.	<ul style="list-style-type: none">• What Can I Do if I'm Bullied? sheet, one for each student• Bullying Role-Plays, cut apart before class, one for each group of two or three students• Optional: camera to record bullying roleplays and to record kindness commercial• Kindness Concept Posters for Assertiveness, Respect
Lesson 4: Let's be Kind! Campaign	Students will be empowered to make a change through the education of others and learn how to organize a big project and work as a team.	<ul style="list-style-type: none">• Materials will depend on what students decide for kindness campaign• RAK Journals• Kindness Concept Posters for Assertiveness, Respect



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 and 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.

