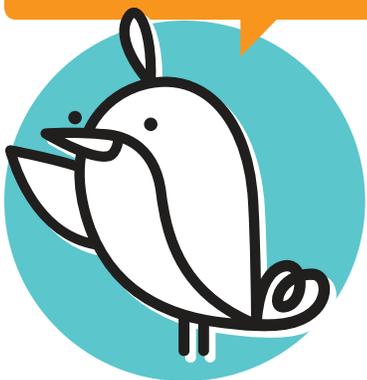




Grade 2 • Ages 7-8

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

Keep Trying

Students will understand how to stay positive and control their emotions so they can keep trying. This is an important life skill for students.

Unit Objective

Students will discover that trying hard even when it might be easier to give up is a way of being kind to themselves.

Introducing This Unit To Your Students

For the next few days, we are going to talk about what it means to keep trying and how this can be a way to be kind to yourself. A big word for this is to have perseverance. Is it easy or hard for you to keep trying? Why? What helps you to keep going?

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

Kindness Concepts

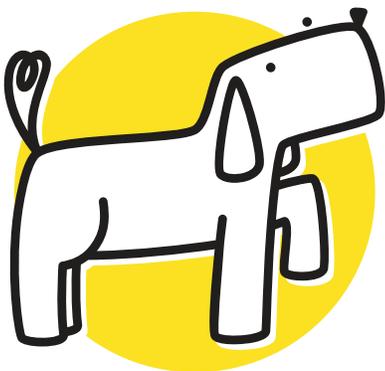
Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

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

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

Unit Lessons

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Ice Cube Challenge	Students will experience a challenge that requires patience and perseverance and will employ strategies to work through a challenging task as a team.	<ul style="list-style-type: none">• Pennies frozen in ice cube trays before class, enough for a pair of students• Paper towels or towel to wipe up water• RAK Journals• Kindness Concept Posters for Perseverance and Responsibility
Lesson 2: Obstacles and Perseverance	Students will learn about perseverance in the face of obstacles as they reflect on one boy's story as an example.	<ul style="list-style-type: none">• Clip about Cody McCasland https://www.youtube.com/watch?v=ladcCd9PRLc• RAK journals• Kindness Concept Poster for Perseverance
Lesson 3: Reach for the Stars	Students will set a goal and think about the steps they need to achieve that goal.	<ul style="list-style-type: none">• Star template copied on construction paper; one for each student• Optional: Ribbons for the stars• RAK journals• Kindness Concept Posters for Perseverance and Responsibility
Lesson 4: A Story of Perseverance	Students will create a story they will share and gain inspiration from other stories of overcoming obstacles to reach a goal.	<ul style="list-style-type: none">• Create a Story Planning Sheet, one for each student• Kindness Concept Posters for Perseverance and Responsibility



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.

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

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.

