



## How Can We Be Kind? Unit

Grade 2 • Ages 7-8

### TIME FRAME

Preparation: 10 minutes

Instruction: 30 minutes

### MATERIALS

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

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.2.1, 1a-c, 3 Colorado: Reading, Writing and Communicating S.1, GLE.1, EO.b,c,e,f; S.1, GLE.2, EO.a,c; Social Studies S.4, GLE.1, EO.a

[Learning standards key](#)

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.



The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.

# Moving Forward

Students will learn that working as a team can benefit everyone.

## Lesson Background for Teachers

You will need a lot of space for this game, so you may want to consider moving the desks to one side, playing the game outside of the classroom or in the gym.

## Key Terms for Students

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

**HELPFULNESS** Assisting or serving in a kind way.

**RESPECT** Treating people, places, and things with kindness.

**STRATEGY** A plan to achieve a goal or solve a problem.

## TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Assigning groups so that students with different strengths are together.
- Using a talking stick in their groups so each member has the chance to offer a solution before they move forward.

## Share (3 mins)

Share with a partner a time when someone **helped** you. Make sure both students get a chance to share.



## Inspire

### Toxic Swamp (15 mins)

Draw, outline or tape a large toxic swamp from one end of the room to the other. Hand each student two newspaper sheets.

*We are going to play a game where you have to get from one end of the room to the other. There is one tricky part... you can only step on the newspaper. So, you will put down one newspaper, step on it, put down the second newspaper, step on it, move the first paper in front of you, step on that one, and so on. The first person to get to the other side of the room wins. Play game in rounds of 5 students if there is not enough room for everyone to play at the same time.*

Line all the students up, say: "Go!" Encourage the students as they play the game. For the next round, divide the students into groups of five.

*Now we are going to play the game in a different way. In your group, figure out a way to get to the other side of the room more quickly using all of your group's newspapers. I'll give you two minutes to plan your **strategy** with your teammates.*

Allow the students time to think of solutions, suggesting ideas if they can't think of any. The ideal solution is to lay all the newspapers down end-to-end to get to the other side of the room.



## Empower

### Discussion (5 mins)

Discuss as a group:

- Was it easier to get to the other side of the room by yourself or when you worked as a group? Why?
- Did your group have any challenges getting to the other side of the room? How did you solve the problem?
- Did any of you try to use kind or **respectful** words to explain your idea to your group? Did that help you work together better?
- How did you feel when you **helped** each other get to the other side of the room?

### Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

### Evaluation Questions

- What did you learn about teamwork in this game?
- If you played the game again, is there anything you would do differently? If so, please explain.

### Reflection Questions

- How do you think using respectful words can make a difference?
- What are some ways you could show kindness to other people in your group?

### Summary

*Today we tried to do the same task alone and as a group. Working with a group can really make things easier sometimes! **Helping** others as you work together as a team is one way we can show kindness.*



The RAK paradigm is the framework for teaching and building kindness skills.





## Act (2 mins)

### Kindness Minute

Ask the students to do one job to **help** their teacher (you!) right now. Maybe cleaning up the classroom so it looks perfect, or rearranging the books. They could ask you what you need help with. Working together as a class can **help** minimize the time you spend on the activity.

### Kindness in Action

Jobs get done twice as fast when two or more people are doing them. At home, offer to help someone do something. Set the table, clean up after dinner or take out the trash. Anything you see someone else doing, offer to help.

