

Grade 3 • Ages 8-9

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](http://randomactsofkindness.org)

If you have questions or comments, please email us at [teacherhelp@randomactsofkindness.org](mailto:teacherhelp@randomactsofkindness.org)

## Feelings and Emotions

Students will learn about emotion management; how to identify, label and express their emotions in kind and healthy ways.

### Unit Objective

Students will be able to describe the importance of being aware of one's own feelings and being sensitive to the feelings of others. They will be able to demonstrate effective interpersonal communication skills necessary to express emotions, personal needs, and wants in a healthy way. They will also be able to describe the importance of self-control and ways to manage anger and explain how being positive can help show kindness toward themselves and others.

### Introducing This Unit To Your Students

*For the next few days, we are going to talk about feelings, what it means to be sensitive to others' feelings, and how to communicate our feelings in a healthy way. Can someone give me an example of how you communicate feelings in a positive way? Allow students time to respond.*

You can also use this time to introduce the Kindness Concepts (responsibility, self-discipline) and create community definitions for these concepts or share the definitions listed below. Consider using the Kindness Concept Posters for responsibility and self-discipline as a way to reinforce learning.

### Kindness Concepts

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

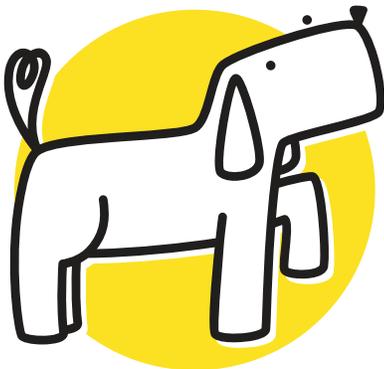
**RESPONSIBILITY** Being reliable to do the things that are expected or required in your life, home, community and environment.

**SELF-DISCIPLINE** Controlling what you do or say so you don't hurt yourself or others.

# 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: Feelings Game	Students will act out different emotions and guess what emotions other classmates are portraying.	<ul style="list-style-type: none"><li>• Feelings statements (provided), cut apart before class</li><li>• Hat or basket</li></ul>
Lesson 2: How Did I Feel?	Students will reflect on a situation in their own life and identify how they felt and reacted as a result. Students will also be able to recognize ways of showing kindness to others.	<ul style="list-style-type: none"><li>• How Did I Feel? activity sheet, one for each student</li><li>• Kindness meter, one for each student (provided)</li></ul>
Lesson 3: Ways to Respond	Students will identify helpful strategies they can use when they feel angry or upset and practice having kind responses in situations where they are feeling angry.	<ul style="list-style-type: none"><li>• Three pieces of chart paper, with these phrases written, one on each sheet: Hurtful Ways to Respond; Ways to Calm Down and Focus; Working Through Anger</li><li>• Ways to Respond to Anger or other Hurtful Feelings, one copy for the teacher</li></ul>
Lesson 4: Go Feelings!	Students will identify helpful strategies they can use when they feel angry or upset and practice having kind responses in situations where they are feeling angry.	<ul style="list-style-type: none"><li>• Three large self-adhesive poster sheets from last lesson, with these phrases written, one on each sheet: Hurtful Ways to Respond; Ways to Calm Down and Focus; Working Through Anger</li><li>• Ways to Respond to Anger or other Hurtful Feelings, from last lesson</li><li>• Go Feelings! Stoplight, cut apart and assemble before class – or use a stoplight you already have in class</li><li>• One clothespin for stoplight</li></ul>
Optional Language Arts Lesson: How Do They Feel? Litera- ture Connection	Students will prepare a written report or presentation that summarizes a book of their choice and describes whether the characters in the book showed kindness to others or not.	<ul style="list-style-type: none"><li>• List of books or short stories from your classroom library (or that relate to a curricular unit) where characters show a variety of emotions in response to challenging situations. Suggestions can be found at: <a href="http://www.edutopia.org/pdfs/stw/edutopia-stw-louisville-sel-CARE-read-aloud-list-grade-k-5.pdf">http://www.edutopia.org/pdfs/stw/edutopia-stw-louisville-sel-CARE-read-aloud-list-grade-k-5.pdf</a></li><li>• Book Report Guide, one for each student</li></ul>



## Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

**Trigger warning: Talking about emotions and situations where strong emotions arise can lead to students revealing personal information that might require follow-up by yourself or a school counsellor. If a student reveals any worrisome information or reaction, please know your school protocol for providing support and resources.**

**Before class, find out the school policy about reporting a concern about a student's mental health to a school counselor or administrator.**

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.

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

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.

