



Grade 3 • Ages 8-9

## How I Treat Myself and Others Matters

Students will learn to manage differences, and interact with peers and their environment in safe and respectful ways.

### Unit Objective

Students will discuss the importance of thinking about the effects of one's actions on other people, identify how to show respect for individual differences, express intentions to treat self and others with care and respect, identify ways they can care for the environment and describe some of the ways that young children can be intentionally helpful.

### Introducing This Unit To Your Students

*For the next few weeks, we are going to talk about how we treat ourselves and others. Can you describe a way that you can show respect to other people? What are some ways that we can show that we care for others?*

Allow time for students to respond and discuss, either as a class or in small groups. You may also use this time to introduce the Kindness Concepts (Caring, Respect, Self-Care, Responsibility) and create community definitions for these concepts or share the definitions listed below. Consider using the Kindness Concept Posters for caring, respect, self-care and responsibility as a way to reinforce learning.

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)

# Kindness Concepts

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

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

**CARING** Feeling and showing concern for others.

**SELF-CARE** Taking care of yourself through kind words, actions and thoughts.

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

## 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: Time Out	Students will recognize that listening is an important part of resolving a conflict.	<ul style="list-style-type: none"><li>• Foundation for a Better Life clip: Time Out: <a href="http://www.values.com/inspirational-stories-tv-spots/121-timeout">http://www.values.com/inspirational-stories-tv-spots/121-timeout</a></li><li>• RAK journals</li></ul>
Lesson 2: Respecting Differences	Students will share interests that they have while learning about other students' interests. Students will learn how to talk with people who have different interests from themselves.	<ul style="list-style-type: none"><li>• Old magazines to cut up</li><li>• Scissors, pair for each student</li><li>• Hat, can, or basket</li><li>• Create two signs that say "LIKE" and "DON'T LIKE", and post on opposite sides of the room</li><li>• Slips of paper with student names</li><li>• <a href="#">Kindness Concept Poster</a> for Respect</li><li>• RAK journals</li></ul>
Lesson 3: Respecting Other People's Ideas	Students will collaborate with group members to discuss and brainstorm ways people can show respect to others.	<ul style="list-style-type: none"><li>• How Can We Respect Other People's Ideas? sheet, one for each pair or small group</li><li>• Chart paper</li><li>• RAK journals</li><li>• <a href="#">Kindness Concept Posters</a> for Caring and Respect</li></ul>
Lesson 4: Treating Myself with Kindness	Students will identify ways they can treat themselves with kindness and respect.	<ul style="list-style-type: none"><li>• RAK journals</li><li>• <a href="#">Kindness Concept Poster</a> for Caring, Respect and Self-Care</li></ul>
Optional Lesson: Caring for Our World	Students will conduct research on an environmental problem and brainstorm solutions to help solve the problem.	<ul style="list-style-type: none"><li>• Caring For Our World research sheet, one sheet for each student or research group</li><li>• RAK journals</li><li>• <a href="#">Kindness Concept Posters</a> for Caring, Respect and Self-Care</li></ul>

## 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.

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.

