



## Complimenting Others Unit

Grade 3 • Ages 8-9

### TIME FRAME

Preparation: 5 minutes  
Instruction: 30 minutes

### MATERIALS

Who Am I? sheet, one for each student

[Kindness Concept Poster](#) for Respect and Self-Care

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.3.5, 6; CCSS.ELA-Literacy.L.3.1, 3.2; CCSS.ELA-Literacy.W.3.2, 2a-d, 3  
Colorado: Comprehensive Health S.3, GLE.1, EO.b,g; Reading, Writing and Communicating S.1, GLE.1, EO.c,e,f,g; S.3, GLE.1, EO.b,c; S.3, GLE.2, EO.a.i-v

[Learning standards key](#)

# Who Am I?

Students will identify their talents, strengths, dreams and areas they want to improve or develop further.

## Lesson Background for Teachers

Ensure students feel comfortable sharing their responses with their partner. Be sensitive to students who might feel the questions are too personal.

## Key Terms for Students

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

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

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

## TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Folding the graphic organizer accordion style so that they can focus on one question at a time on the page. Have them unfold the page to reveal the next part of the assignment.
- Being able to dictate their responses to a partner or the teacher.

## Resources

Adapted with permission from What Do You Stand For? For Kids a Guide to Building Character by Barbara A. Lewis (Minneapolis, MN Free Spirit Publishing, 1998)

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.



## Share (3 mins)

Turn to a classmate and share one thing that you think they are really good at. Take turns sharing.

## Inspire

### Partner Sharing (10 mins)

Hand out a copy of the Who Am I? sheet to each student.

*We are going to spend some time learning about our talents and strengths.*

Ask students to partner up and ask their partner the questions on the activity sheet (in an interview style). At this time, students do not need to write on the activity sheet but talk through their responses with a classmate. Switch so both partners get a chance to share.

## Empower

### Activity Sheet (10 mins)

*Now that you've had a chance to talk about your responses with a partner, please complete the activity sheet and remember there are no right answers! This is a chance to figure out what makes you, you!*

### Optional Writing Activity (20 mins)

Have students use their responses to write a "Who Am I?" poem.

### Wrap Up (5 mins)

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

### Evaluation Questions

- What kind of things make us unique?
- Did you learn something new about your partner?
- How do we show respect for people's unique qualities?

### Reflection Questions

- How do you think appreciating our own unique qualities helps us take good care of ourselves?
- Would your responses to the questions on the activity sheet be the same 1 year ago? Why or why not?
- Which of the questions were hardest to answer? Why?

### Summary

*We are so lucky to have a class full of such talented students! Each of us brings our own positive qualities and things we are good at, which make us unique. Appreciating the qualities in ourselves and others is a kind way to think about people. It's important to think about things we want to get better at to make sure we continue to learn and grow as a person.*



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





## Act (2 mins)

### Kindness Minute

Think of all the people in the school and someone you think is really good at something. Tell a partner who the person is and what you want to say to them, then deliver your compliment before the end of the day!

### Kindness in Action

Complete the Home Extension Activity.



# Who Am I?

NAME

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## Background

What you are on the outside and who you are on the inside combine to make up the real you. Answer the questions below to get a full picture of you. Think of it as a snapshot of you today.

1. Some things I like about myself are:

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2. My best qualities are:

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3. I am good at:

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4. I would like to get better at:

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5. A talent I want to develop is:

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6. My secret dream is to:

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7. Given who I am today, when I grow up, I want to be:

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