



## How I Treat Myself and Others Matters Unit

Grade 3 • Ages 8-9

### TIME FRAME

Preparation: 5 minutes  
Instruction: 30 minutes

### MATERIALS

Foundation for a Better Life clip:  
Time Out <http://www.values.com/inspirational-stories-tv-spots/121-timeout>

RAK journals

[Kindness Concept Posters](#) for Caring, Responsibility and Respect

### LEARNING STANDARDS

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

[Learning standards key](#)

## Time Out!

Students will recognize that listening is an important part of resolving a conflict.

### Lesson Background for Teachers

All relationships have ruptures, but what's most important is that there is a repair. This builds trust between two people and strengthens the relationship.

### 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.

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

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

### TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Using a talking stick with this activity in the Learning to Listen, Grade 1 lesson so they are really able to listen to each other.
- Referencing the kindness meter from the Focusing Strategies and pinpointing where in the argument the adults should have seen they were moving toward the red zone.
- Sharing their responses with a partner before sharing responses with the whole group.

### Resources

Positive Time Outs: [www.positivediscipline.com/articles/positive-time-out](http://www.positivediscipline.com/articles/positive-time-out)

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 partner and share a time when you saw an argument or disagreement happening. How did it make you feel? Did you do anything to try and help resolve the problem? Ask the students to switch so both get the opportunity to share.*



## Inspire

### Video Clip (5 mins)

We are going to watch a clip and I want you to notice how the people in the clip act and the consequences of their actions.

Show the Foundation for a Better Life Time Out video clip:  
<http://www.values.com/inspirational-stories-tv-spots/121-timeout>



## Empower

### Discussion (15 mins)

Ask the following questions:

- What did you think of this clip?
- How do you think the people were treating each other? Were they listening to each other?
- Why do you think the girl decided to say something to the two people who were arguing?
- Why do you think the two people stopped and then apologized?
- Have you ever gotten really upset with someone and then realized that maybe you could have acted in a different way? What did you do?
- Do you think that listening to other people's ideas is a way to show respect? Why or why not?
- What are some other ways that we can disagree in a way that respects or shows care for the other person?

### 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 did the little girl do in the video clip? Why?*
- *What is respect?*
- *How can we show respect to someone else?*

### Reflection Questions

- *Do you think it is important to treat other people with respect, care and patience? Why or why not?*
- *What do you think when you see two people fighting? What do you think other people think if they saw you fighting with someone else?*
- *What is a time out? Why do you think it stopped the people from fighting?*

### Summary

*After watching the video clip, we discussed together how the characters were treating each other and what the little girl did to stop the argument. Sometimes even adults need a time out to calm down and think about how to use kind words and actions.*



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





## Act (3 mins)

### Kindness Minute

*Listening is an important part of resolving a problem with someone. Ask a partner what they are doing for the rest of the day/evening and listen closely. Take turns so both students get a chance to share and to listen!*

### Kindness in Action

Apologize to someone you once had a fight with. Think about it before you do it and write what you want to say if you need to.

