

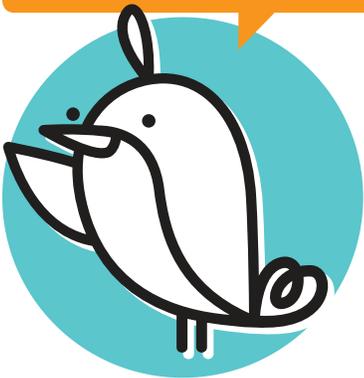


Grade 4 • Ages 9-11

Respecting Beliefs and Opinions

Students strengthen their empathy and respect for others by exploring the difference between beliefs and opinions. Learners become better able to relate to others and communicate in kind and considerate ways.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



Unit Objective

Students will identify the difference between fact and opinion and explore how to express facts and opinions in kind ways, describe how people form kind ideas and beliefs, how friends, family and communities influence ideas and beliefs, and how to respect other people's beliefs and opinions and discuss how culture and tradition influence personal and family development.

Suggested Introduction

Today we are going to talk about respecting beliefs and values and how we can express opinions in respectful ways. What would it look like in our classroom if we always respected each other's opinions and beliefs?

Allow time for students to respond and discuss, either as a class or in small groups. You can also use this time to introduce Kindness Concepts (fairness, integrity, respect) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for fairness, integrity and respect as a way to reinforce learning.

These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

Kindness Concepts

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

COMPASSION Being aware when others are sick, sad, or hurt and wanting to help.

RESPECT Treating people, places, and things with kindness.

HELPFULNESS Assisting or serving in a kind way.

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

PERSEVERANCE Keep trying even when something is difficult, not giving up.

FAIRNESS Treating people in a way that does not favor some over others.

INTEGRITY Acting in a way you know to be right and kind in all situations.

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 lesson 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.

Revisiting the topics or questions raised during discussions regularly 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.



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: Freeze!	Students will identify facts and opinions in skits they perform and discuss ways they can be kind and respectful to people who have different opinions than themselves.	<ul style="list-style-type: none">• Is it Fact or Opinion? skits, two copies: one for teacher, another cut apart for groups• RAK Journals• Kindness Concept Posters for Integrity, Respect
Lesson 2: Understanding Beliefs and Values	Students will understand the difference between beliefs and values and appreciate how our differences make us unique and interesting.	<ul style="list-style-type: none">• Understanding Beliefs and Values Interview Sheet, one for each student• RAK Journals• Kindness Concept Posters for Integrity, Respect
Lessons 3 & 4: Debating an Issue	Students will respectfully state facts and opinions and listen to those of their peers.	<ul style="list-style-type: none">• Debate Research Sheet (p. 16), one for each student• Research materials (books, magazines, websites, etc.) for debate topics as determined by class• Printed article on chosen topic or computer lab for research• RAK Journals• Kindness Concept Posters for Integrity, Respect
Optional Lesson: World Changers	Students will identify the characteristics of people who change the world for the better and report on one such person.	<ul style="list-style-type: none">• Books or websites on famous people from your state or country's history whose beliefs and values have influenced others. Some possible people include:• U.S. History: Martin Luther King Jr., Cesar Chavez, Rosa Parks, Clara Barton, Jane Addams, Abraham Lincoln• World History: Mahatma or Indira Ghandi, Anne Frank, Amelia Earheart, Nelson Mandela, Eva Peron• Kindness Concept Posters: Compassion, Helpfulness, Responsibility, Fairness, Integrity, Respect, Perseverance

