



Grade 5 • Ages 10-12

# Healthy Communication

Students learn to identify peer pressure and develop prosocial skills to communicate about and deal with their problems and emotions responsibly.

## Unit Objective

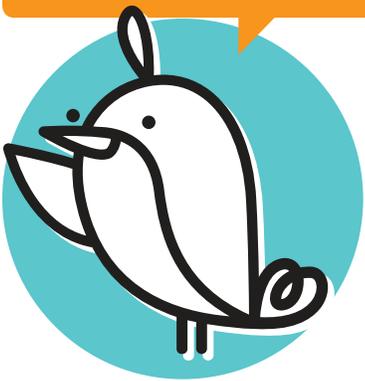
Students will demonstrate pro-social communication skills and strategies, identify factors that influence both violent and nonviolent behaviors and attitudes, explain the significance and impact, and short and long-term consequences of bullying, identify safe people or adults who they can contact about bullying or violence and analyze what it means to forgive and the role it plays in mental and emotional health.

## Introducing This Unit To Your Students

*For the next few days, we are going to talk about what it means to communicate in a healthy way. Do you think it is important to communicate with others in a way that shows kindness and respect? Why or why not? What can happen when we don't?*

Allow students to discuss with a partner, in small groups or as a class. You can also use this time to introduce the Kindness Concepts (assertiveness, compassion and respect) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for assertiveness, compassion and respect 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.

**ASSERTIVENESS** Standing up for yourself and what you believe in while being respectful of others.

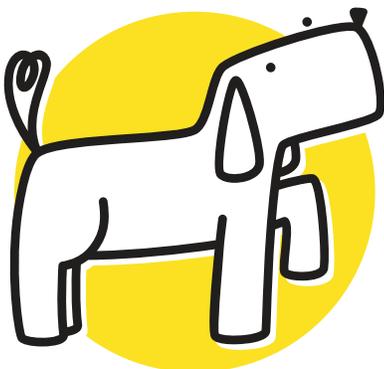
**COMPASSION** Being aware when others are sick, sad, or hurt and wanting to help.

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

## 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: Gossip and Rumors	Students will identify what rumors and gossip are and reflect on ways they can respond when they hear information that is untrue or unkind.	<ul style="list-style-type: none"><li>• PBS clip: Gossip - <a href="http://to.pbs.org/1alxlGV">http://to.pbs.org/1alxlGV</a></li><li>• RAK Journals</li></ul>
Lesson 2: Ways to Communicate	Students will identify different ways of communicating with others and learn ways to communicate assertively.	<ul style="list-style-type: none"><li>• Twin Boys clip: <a href="https://www.youtube.com/watch?v=_JmA2CIUvUY">https://www.youtube.com/watch?v=_JmA2CIUvUY</a></li><li>• Role-play sheets, two copies, one for the teacher, one cut apart before class for students</li><li>• 3 large self-adhesive poster sheets</li><li>• RAK Journals .</li></ul>
Lesson 3: Steps to Apologize	Students will identify ways to give a sincere apology	<ul style="list-style-type: none"><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a> for Assertiveness, Compassion, Respect</li></ul>
Lesson 4: Steps to Forgiveness	Students will learn how forgiving others can help them to live happier lives and they will make a plan to forgive someone in their life.	<ul style="list-style-type: none"><li>• Steps to Forgiveness activity sheet, 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.

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.

