



What Influences Us Unit Grade 5 • Ages 10-12

TIME FRAME

Preparation: 5 minutes
Instruction: 30 minutes

MATERIALS

Signs with the following words:
Friends/Peers, Parents/Guardian,
Brothers and Sisters, Relatives
(cousins, aunt/uncles, grandparents,
etc), Teachers, Mentor/Other Adult,
Media (TV, movies, music), Me; post
signs around the room before the
activity

RAK Journals Kindness

[Kindness Concept Posters:](#)
Responsibility, Integrity

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.5.1; CCSS.ELA.Literacy.W.5.2
Colorado: Comprehensive Health S.3,
GLE.1, EO.b,c; Reading, Writing and
Communicating S.1, GLE.2, EO.a,b,c;
S.3, GLE.2, EO.b

[Learning standards key](#)

The Greatest Influences

Students will be able to explain how families, peers, adults, the media, and they themselves can influence mental health and emotional well-being.

Lesson Background for Teachers

How Role Models Influence Youth Strategies for Success <http://www.rootsofaction.com/role-models-youth-strategies-success/>

Key Terms for Students

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

- RESPONSIBILITY** Being reliable to do the things that are expected or required in your life, home, community and environment.
- INTEGRITY** Acting in a way you know to be right and kind in all situations.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Working with a partner to talk about why they are influenced by certain people more than others.
- Seeing an image for each statement and highlighting the key word to help organize their thinking as a pre-writing strategy. Encourage them to think of three ways that people influence them the most.

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.



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



Resources

Children and Role Models: http://www.aacap.org/App_Themes/AACAP/docs/facts_for_families/99_children_and_role_models.pdf

World Without Teachers: <https://www.youtube.com/watch?v=RN3iLeq1828>

<http://www.sheheroes.org/>

Rita Pierson: Every Kid Needs a Champion <https://www.youtube.com/watch?v=SFn-MTHhKdkw>

Parents are powerful role models for children: <http://www.easternflorida.edu/community-resources/child-development-centers/parent-resource-library/documents/parents-powerful-role-models.pdf>

Social Influence: Crash Course Psychology #38 <https://www.youtube.com/watch?v=UGxGDdQnC1Y>

Share (3 mins)

Turn to the person next to you and tell them about your favorite adult. Someone who you really love and connect with.

Inspire

Who Influences Us? (5 mins)

We have many influences in our lives...our peers, our parents, guardians or other people who care for us, and the media. Can anyone tell me what an influence is? To influence is to have an effect or an impact on someone or something.

We are going to do an activity where we show who and what influences us in different parts of our lives. I am going to read a statement, and you will walk to the sign that shows who has the greatest influence on you in this area. Remember there are no right answers! Keep track in your mind as you do this activity who has the greatest influence on you.

Read each statement one at a time (or write your own) and allow students to walk to the signs. Ask a few students why so-and-so has the greatest influence.

Who influences...

- How I treat my family or the people I live with
- How I treat my friends
- Whether I do my homework
- How I feel about myself
- What clothes I wear
- What music I listen to
- Who my friends are
- What kind of grades I get
- Which TV shows I watch
- What books I read
- Which computer games I play
- What career or job I want
- What movies I like
- How I solve problems
- What hobbies or sports I like



Empower

Collage Activity (15 mins)

You may have noticed that you had many influences or that one person or group influenced you the most. Using magazine pictures, create a collage (on an 8"x11") showing which person or people or media influence you and in what areas. Under each photo, complete one of the following statements:

- I value _____'s opinion because...
- _____ helps me with...
- _____ influences me because...
- _____ influences me the most because...

Do a community gallery walk in which students walk around and look at each others' collages. This is a great opportunity for community building that allows students to get to know each other intimately and see the similarities and differences in their people of influence.

Wrap Up (5 mins)

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

Evaluation Questions

- *What kind of people influence our thoughts and decisions?*
- *What things other than people can influence our decisions?*
- *Who's **responsibility** is it for you to make a good decision?*

Reflection

- *Did this activity help you figure out who and what influences you? Why or why not?*
- *How much do you think others influence you and how much do you think you make your decisions based on your own judgment?*
- *How are your influences similar or different to your friends in the class?*
- *Who's opinion is most important to listen to?*

Summary

Today we thought about our actions and who influences how we act. Our actions affect other people and we also influence other people's decisions. The way we act is important and if we surround ourselves with people who are kind and are kind to others, kindness can spread.



Act (2 mins)

Kindness Minute

As we get older, we have more experience to make good decisions and more awareness of who influences our decisions. Think of a time when you made a poor decision that had a negative effect on you or someone else. Forgive yourself for that, because now you know better and will know what to do next time.

Kindness in Action

Find a positive influence. Something or someone that encourages you to do good and be kind. Write down who that is, what the song says, what the TV show is about or whatever your positive influence is.

