



Grade 6 • Ages 11-13

## Being Kind to Ourselves

Students will learn that being aware of emotions is important for developing and maintaining mental health, engaging in learning and building strong, positive relationships.

### Unit Objective

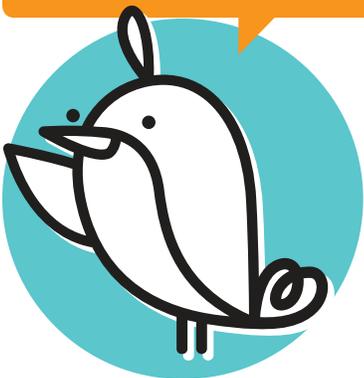
Students will be able to identify and practice things they can say and do to be kind to themselves, which will help to maintain mental and emotional health.

### Introducing This Unit To Your Students

*For the next few weeks, we are going to talk about what it means to be kind to ourselves and identify ways we can show kindness to ourselves for. What do you think it means to be kind to ourselves?*

You can also use this time to introduce the Kindness Concepts (perseverance, respect, assertiveness, self-care) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for respect, assertiveness, perseverance and self-care 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.

**SELF-CARE** Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.

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

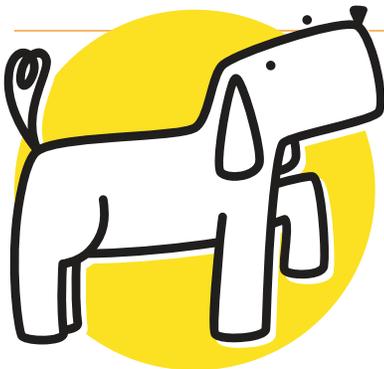
**ASSERTIVENESS** Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.

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

## 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: Reflecting on Self-Kindness	Students will think and reflect on how to be kind to themselves.	<ul style="list-style-type: none"><li>• What Do the Quotes Mean to You? Sheet (p. 4), one for each student</li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a> for Respect, Self-Care</li></ul>
Lesson 2: Finding our Resilience	Students will learn about resilience and how perseverance and positivity can have an impact on our lives.	<ul style="list-style-type: none"><li>• YouTube clip No Arms No Legs No Worries (4min10sec) : <a href="http://www.youtube.com/watch?v=ciYk-UwqFKA">http://www.youtube.com/watch?v=ciYk-UwqFKA</a></li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a>: Perseverance, Self-Care, Respect</li></ul>
Lesson 3: Positive Self-Talk	Students will learn about positive self-talk and how our thoughts can shape our lives. They will practice reframing their thinking.	<ul style="list-style-type: none"><li>• Being Kind to Ourselves Activity Sheet, one for each student</li><li>• How Can I Treat Myself Kindly? Journaling Activity Sheet, one for each student</li><li>• <a href="#">Kindness Concept Posters</a>: Respect, Self-Care</li></ul>
Lesson 4: Monitoring Your Well-Being	Students will take a close look at how their personal habits and well-being are directly connected.	<ul style="list-style-type: none"><li>• Log for Mental Health Activity, two for each student</li><li>• <a href="#">Kindness Concept Posters</a> for Perseverance, Respect and Self-Care</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

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.

