



Grade 6 • Ages 11-13

Responding with Kindness

Students learn to effectively use mental and emotional processes to help them succeed in kind ways.

Unit Objective

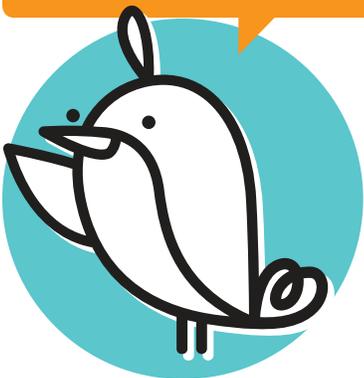
Students will be able to analyze how feelings can influence their behavior and how responding appropriately to negative feelings can help them make positive choices, analyze the relationship between feelings and behavior and discover what it means to persevere even when it may be difficult to do so.

Introducing This Unit To Your Students

For the next few lessons we are going to talk about how feelings can influence our behavior and how responding to negative feelings appropriately can help us make positive choices. What do you think it means when our feelings influence how we act?

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

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.

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

SELF-CARE Taking care of yourself through kind words, actions and thoughts.

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

RESPECT Treating people, places, and things with kindness.

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 Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Lifting People Up	Students will watch a video example of someone lifting someone else up when they are feeling down and explore the parts of a positive feedback loop.	<ul style="list-style-type: none">• Cloudy with a Chance of Meatballs Movie Clip (1min 45sec): http://www.wingclips.com/movie-clips/cloudy-with-a-chance-of-meatballs/flints-invention• RAK Journals• Kindness Concept Posters: Compassion, Perseverance, Self-for Respect, Self-Care
Lesson 2: Responding with Kindness Role-plays	Students will practice reacting and responding to difficult situations with kindness and integrity.	<ul style="list-style-type: none">• Kid President, 20 things we should say more often (3 min): https://www.youtube.com/watch?v=m5yCOSHeYn4• Responding with Kindness Role-Plays sheet (p. 5 and 6) cut apart before class• RAK Journals• Kindness Concept Posters: Compassion, Perseverance, Self-Care
Lessons 3&4: Peaceful Change	Students will research and examine international peace activists in history and present their findings to the class.	<ul style="list-style-type: none">• Books or websites about peaceful activists: http://www.pbslearningmedia.org/search/?q=social+movements http://www.biographyonline.net/people/world-peace.html http://www.ranker.com/list/notable-peace-activist_s/reference• Peaceful Change handout. One copy per student.• Computer lab or research documents• Kindness Concept Posters: Compassion, Perseverance, Assertiveness, Respect and Fairness
Optional Lesson: Reaching Out To The School Community	Students will take the learning from the previous lessons and create a community outreach project.	<ul style="list-style-type: none">• Will vary depending on student-led activity• Kindness Concept Posters: Compassion, Perseverance, Respect, Fairness and Integrity

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.

