



Being Kind to Ourselves Unit

Grade 6 • Ages 11-13

TIME FRAME

Preparation: 10 minutes
Instruction: 30 minutes

MATERIALS

What Do the Quotes Mean to You? Sheet, one for each student

[Kindness Concept Posters](#) for Respect, Self-Care

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.6.1, 1b-c

Colorado: Comprehensive Health S.3, GLE.1, EO.a,b,c, IQ.1; Reading, Writing and Communicating, S.1, GLE.1, EO.d.ii, iii

SEL: Self-awareness, Self-management

[Learning standards key](#)

Reflecting on Self-Kindness

Students will think and reflect on how to be kind to themselves.

Lesson Background for Teachers

Article: Why Self Compassion Trumps Self Esteem by Kristen Neff: http://greatergood.berkeley.edu/article/item/try_selfcompassion

Key Terms for Students

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.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Having the quotes and questions translated into another language by a resource person at school.
- Sharing a favorite quote about caring for ourselves; this might be from a book, a song, their religious or cultural tradition, or a family saying. If it is in another language, encourage students to translate the quote. Post these quotes around the room as a reminder during the unit.

Resources

Kindness quotes: <http://inspiremykids.com/2015/great-kindness-quotes-for-kids/>
<https://www.randomactsofkindness.org/kindness-quotes>

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.



Share (3 mins)

Share with the person next to you your favorite thing to do when you spend time alone. For instance, I love to read or play video games.

Inspire

Self Kindness Discussion (5 mins)

Today we are going to think about what it means to be kind to ourselves. We are going to look at some quotes together, but I want to know what you think first. What do you think it means to be kind to yourself?

Empower

Activity Sheet and Discussion (15 mins)

Hand each student a "What Do the Quotes Mean to You?" sheet. Have students work alone for 5-10 minutes.

Have students discuss their responses to the quotes either in partners, small groups or as a class.

Suggest that students repeat these quotes or use them as positive self-talk to help them persevere when situations arise that make life seem hard.

Wrap Up (5 mins)

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

Evaluation Questions

- What is **self-care**?
- What is **respect**?
- How are these terms related to being kind to yourself?

Reflection

- What are ways to be kind to yourself? Why is being kind to yourself important?
- Do you think it is important to be kind to yourself? Why or why not?
- What are some ways we can be kind to ourselves with the way we think?

Summary

Today we took some time to think about self-kindness. Sometimes, this is harder than being kind to someone else, but the messages we send ourselves matter. Being gentle and kind with yourself not only helps you stay healthy, but sends a message to others about how you should be treated and how others should treat themselves.



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





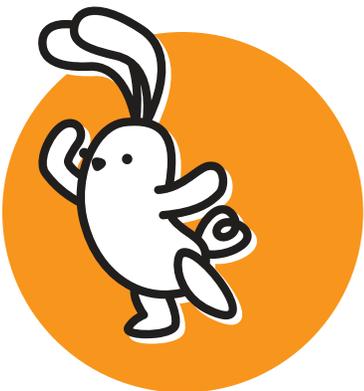
Act (2 mins)

Kindness Minute

Perform an act of self-kindness. Think of your favorite thing to do and when you get to do it next. Look forward to that or make plans to do it soon!

Kindness in Action

Find a quote that means something to you. Print it out and put it in your locker or at your desk.



What do these quotes mean to you?

NAME

PLEASE RETURN BY

Read the quotes and then answer the questions below or in your RAK Journal.

“We can never obtain peace in the outer world until we make peace with ourselves.” Dalai Lama, Tibetan spiritual leader

“It’s not who you are that holds you back, it’s who you think you’re not.” Anonymous

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” Buddha, Tibetan spiritual leader

“Promise me you’ll always remember, you’re braver than you believe, stronger than you seem and smarter than you think.” A.A. Milne, Author of Winnie the Pooh

“Friendship with one’s self is all important because without it, one cannot be friends with anyone else in the world.” Eleanor Roosevelt

Which quote rings true with you? Why?

Do you think any of the ideas from the quotes (such as loving ourselves or making peace with ourselves) can help you be kinder to yourself? Why or why not?

When you are kind to yourself, what kind of message do you think that sends to other people?

