



Grade 7 • Ages 12-14

Understanding Each Other

Students will apply perspective taking to learn about and show compassion for others' challenges.

Kindness is an intrinsic quality of the heart expressed through an act of benevolence reflecting care and good will for self and others.



Unit Objective

Students will demonstrate that individuals belong to different groups and communities and that speaking and acting kindly shows respect toward others and can result in a culture of kindness and identify ways that they can help those with disabilities in the community or how to respond to those in need.

Introducing This Unit To Your Students

For the next few lessons, we are going to talk about what it means to understand and respect others. With a partner discuss some ways that we can show respect to another person through our words or actions.

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 key Kindness Concepts (compassion and respect) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for compassion, caring and respect as a way to reinforce learning.

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 Feeling empathy for and wanting to help another in need.

RESPECT Treating people, places, and things with kindness.

CARING Feeling and showing concern for others.

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: The "R" Word | Students will watch videos to learn about diverse populations of people and how we can respect others through learning about who they are and where they come from. | <ul style="list-style-type: none">Videos: Sharlane King, Alaskan Heritage (2 minutes): https://www.youtube.com/watch?v=3MGeBdbZHLEAshleyYoungRAK.mov (2 min. 8 sec.): https://www.youtube.com/watch?v=rwMyopNkEnwHomecoming Queen (The Foundation for a Better Life DVD) (1 min.): http://www.values.com/inspirational-stories-tv-spots/96-homecoming-queen1st World Problems Read by Third World People (1 min.) https://www.youtube.com/watch?v=Zm32ZPvGIYYRAK JournalsKindness Concept Posters: Compassion, Caring, Respect |
| Lesson 2: Respect Mobiles | Students will learn about and brainstorm ideas for showing respect to themselves, the school and their community. | <ul style="list-style-type: none">Note cards with holes punched in the topString or ribbon, cut in varying lengths, enough for each student to have three pieces of stringNine metal hangers, enough to make three "Self Respect," three "Respect at School," three "Respect in the Community" mobilesKindness Concept Posters: Compassion, Caring, Respect |
| Lesson 3: Kindness in the News | Students will search for articles that show caring, concern and kindness and report what they find to their peers. | <ul style="list-style-type: none">Videos showing kindnessNewspapers or Magazines, either online or hard copyRAK JournalsKindness Concept Posters: Compassion, Caring, Respect |
| Lesson 4: Immigration | Students will explore different wave of immigration throughout history why people emigrate. | <ul style="list-style-type: none">Research materials for project or internet access for students. Suggested websites listed in Resources.RAK JournalsKindness Concept Posters: Compassion, Caring, Respect |
| Optional Literacy Extension: Multi-cultural Book Report | Students will read a book about another culture to explore how the characters show compassion, care and respect. | <ul style="list-style-type: none">Book about other cultures.Book Report Guide, either the one provided or one you createRAK JournalsKindness Concept Posters: Compassion, Caring and Respect |

Unit Notes

The lessons in this unit 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.

