



Grade 8 • Ages 14-16

Choosing Kindness

Students will be able to recognize bullying in social relationships, and understand what they can do about it.

Unit Objective

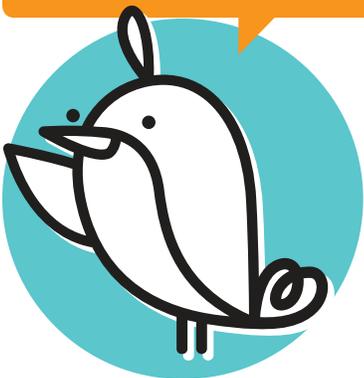
Students will be able to demonstrate how to prevent or stop bullying as a bystander, perpetrator or victim, stand up for those being bullied and advocate for a positive and respectful school environment that supports pro-social behavior.

Introducing This Unit To Your Students

For the next few days we are going to talk about bullying, discover together how to respond to bullying with kindness, and look at ways we can help create a respectful school environment.

This is a sensitive topic; be mindful of the dynamics of the class during this unit and of those who have been bullied or are bullying others. You can use this time to introduce the Kindness Concepts (assertiveness, caring, responsibility, respect) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for assertiveness, caring and responsibility as a way to reinforce learning.

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



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.

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

CARING Feeling and showing concern for others.

RESPONSIBILITY Being reliable to do the things that are expected or required in your life, home, community and environment.

RESPECT Treating people, places, and things with kindness.

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: What is Bullying	Students will work with a small group to discuss what bullying is and share how they would react in different bullying scenarios.	<ul style="list-style-type: none">• Responding to Bullying Activity sheet, one for each group• Five large, pieces of chart paper with one question written on each poster• RAK Journals• Kindness Concept Posters: Assertiveness, Caring, Responsibility
Lesson 2: Become an Upstander!	Students will watch two video clips and discuss what it means to be an upstander in a bullying situation.	<ul style="list-style-type: none">• Locker, Cafeteria from values.com website: http://www.values.com/inspirational-stories-tv-spots/66-cafeteria http://www.values.com/inspirational-stories-tv-spots/72-locker• RAK Journals• Kindness Concept Posters: Assertiveness, Caring, Responsibility, Respect
Lesson 3: Walking in Someone Else's Shoes	Students will practice showing empathy for a person who is bullied by reading a scenario written by one of their classmates and answering a series of questions.	<ul style="list-style-type: none">• Walking in Someone Else's Shoes activity sheet• RAK Journals• Kindness Concept Posters: Assertiveness, Caring, Responsibility, Respect
Lesson 4: Creating a Kind Community at School	Students will create an action plan on how they can create a kinder community at school.	<ul style="list-style-type: none">• Materials will vary depending on what campaign students develop• Activity sheet, one for each student• RAK Journals• Kindness Concept Posters: Assertiveness, Caring, Responsibility, Respect



Unit Notes

Trigger warning: Talking about emotions and situations where strong emotions arise can lead to students revealing personal information that might require follow-up by yourself or a school counselor. If a student reveals any worrisome information or reaction, please know your school protocol for providing support and resources. Before class, find out the school policy about reporting a concern about a student's mental health to a school counselor or administrator

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.

