



Kindergarten • Ages 4-6

Caring for Others

Students will identify ways to show respect, consideration and care to others.

Unit Objective

Students will identify ways to show respect, consideration and care to others.

Introducing This Unit To Your Students

For the next few weeks, we are going to talk about what it means to show respect, consideration and care for others. Can anyone tell me what respect means? Can anyone tell me what it means to be considerate? Can anyone tell me what it means to care for others?

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

Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RESPECT Treating people, places and things with kindness.

CARING Feeling and showing concern for others.

HELPFULNESS Assisting or serving others in a kind way.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



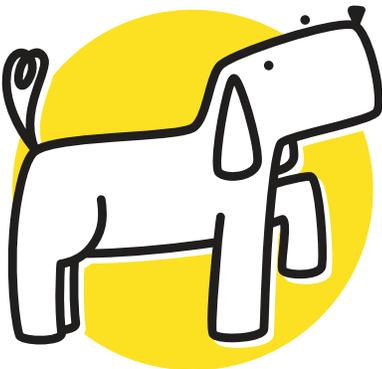
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

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: Kindness Song	Students will be introduced to the concept of kindness and learn ways to be kind.	<ul style="list-style-type: none">• Kindness Song Sheet, one for teacher (and more copies if necessary)• Green Acres Theme Song (you can download this recording for free: http://www.televisiontunes.com/Green_Acres_-_Instrumental.html)• Kindness Concept Posters: Caring, Helpfulness, Respect
Lesson 2: Kindness Bingo	Students will become familiar with different ways to be kind to ourselves, others, the environment and our community.	<ul style="list-style-type: none">• Pictures of Kindness Treasure Hunt Sheet, one for each student. NOTE: There are three different templates, so distribute them equally among the students• Pictures of Kindness Treasure Hunt template, one copy enlarged for teacher and cut apart before class. Hide pictures in the room before class• Kindness Concept Posters: Caring, Helpfulness, Respect
Lesson 3: How Full is Your Bucket?	Students will be introduced to the idea of how kind acts affect people.	<ul style="list-style-type: none">• How Full is Your Bucket? For Kids by Tom Rath and Mary Reckmeyer (Gallup Press: 2009)• Or search YouTube for read aloud version of book.• Kindness Concept Posters: Caring, Helpfulness, Respect
Lesson 4: Option 1: Filling Buckets	Students will gain experience performing kind acts and reflecting on them.	<ul style="list-style-type: none">• Materials to make a book (laminator, book binding, etc.)• Optional: Sentence Frame sheets• Kindness Concept Posters: Caring, Helpfulness, Respect
Lesson 4: Option 2: Kindness Bucket Book	Students will reflect on ways to be kind and caring to others and fill their buckets.	<ul style="list-style-type: none">• Art supplies, cover stock, markers, colored pencils, crayons• Small cut out buckets from construction paper, enough for students to record acts of kindness. Students could also cut these out.• Optional: Create a large beach picture made out of paper for students to tape buckets to.• Kindness Concept Posters: Caring, Helpfulness, 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](#) 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.

