



Kindergarten • Ages 5-7

## Creating a Kind Classroom

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](http://randomactsofkindness.org)

If you have questions or comments, please email us at [teacherhelp@randomactsofkindness.org](mailto:teacherhelp@randomactsofkindness.org)

Students will explain the importance of respecting the personal space and boundaries of others and how it can help to create a kind classroom.

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

### Kindness Concepts

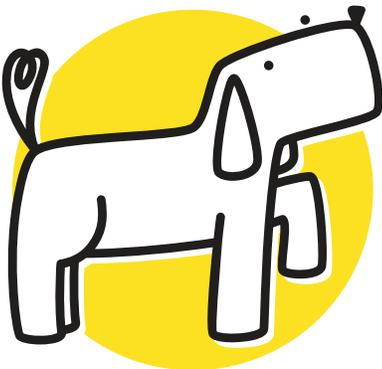
Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

**RESPECT** Treating people, places, and things with kindness.

**SELF-DISCIPLINE** Controlling what you do or say so you don't hurt yourself or others.

# Unit Lessons

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Personal Space	Students will identify and demonstrate how boundaries help us show respect and safety for others.	<ul style="list-style-type: none"><li>• Images of boundaries: a fence, wall, maps with lines, people</li><li>• <a href="#">Kindness Concept Posters</a> for Respect, Self-Discipline</li></ul>
Lesson 2: Drawing our Boundaries	Students will demonstrate and share their knowledge of different ways of showing respect to others.	<ul style="list-style-type: none"><li>• Large poster sheet (optional)</li><li>• Personal Space activity sheet (one for each student)</li><li>• Extension sheet (one for each student)</li><li>• Pencils, colored pencils, markers, crayons</li><li>• <a href="#">Kindness Concept Posters</a> for Respect, Self-Discipline</li></ul>
Lesson 3: Asking Permission and Sharing	Students will learn to ask permission appropriately and show respect for other's belongings and space.	<ul style="list-style-type: none"><li>• Note to send home explaining that students should bring in a personal item that isn't fragile; the teacher should also bring in a personal item for the activity</li><li>• <a href="#">Kindness Concept Posters</a>: Respect, Self-Discipline</li></ul>
Lesson 4: The Shape of Kindness	Students will identify shapes and identify different ways of showing respect to themselves and those around them.	<ul style="list-style-type: none"><li>• Identify shapes in the classroom to use in the activity or use shapes provided</li><li>• Shapes and Kindness labels</li><li>• <a href="#">Kindness Concept Posters</a> for Respect, Self-Discipline</li></ul>



## 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.

