



Kindergarten • Ages 5-7

Following the Rules

Students will explain why classroom rules are needed and how they promote fairness, kindness, and help prevent conflict.

Unit Objective

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

Introducing This Unit To Your Students

For the next few lessons, we are going to talk about what it means to respect others in the classroom and why classroom rules help us show respect. What is respect? Can anyone share a rule that could help us show respect and kindness to others in our classroom?

Allow time for students to respond and discuss, either as a class, in small groups or as partners. You can also use this time to introduce the Kindness Concepts (fairness, respect, responsibility) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for fairness, respect and responsibility 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.

FAIRNESS Treating people in a way that does not favor some over others.

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

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

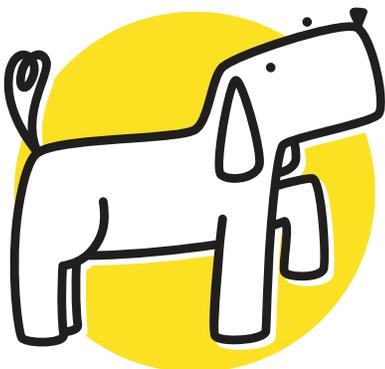


These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

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

Unit Lessons

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Playing Fair	Students will be introduced to the concepts of fairness and respect.	<ul style="list-style-type: none">• Four balls or bean bags, one for each group• Kindness Concept Posters: Fairness, Respect
Lesson 2: Rules	Students will learn how rules are everywhere and it is our responsibility to follow them.	<ul style="list-style-type: none">• Book or search for YouTube version of: Know and Follow Rules by Cheri J. Meiners, M.Ed., copyright © 2005. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN; 800-735-7323; www.freespirit.com. All rights reserved.• Kindness Concept Posters: Fairness, Respect
Lesson 3: Rules in the Classroom	Students will remember the rules of their classroom and understand how they help keep their room a good learning environment.	<ul style="list-style-type: none">• Rules in the Classroom Signs• Rule cards• 4 sheets of chart paper• Hat or box for cards• Kindness Concept Posters: Fairness, Respect
Lesson 4: What's the Rule?	Students will practice identifying classroom rules.	<ul style="list-style-type: none">• Four classroom rule signs from previous activity• Kindness Concept Posters: Fairness, 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 lessons 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 lesson 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.

