



LESSON EXPLORATION

LESSON TITLE

GRADE

KINDNESS CONCEPTS

LESSON GOALS

Goals

1. Review a specific lesson and begin to make connections and adjustments.
2. Consider how RAK and SEL teach skills for now and for life by engaging the heart and head in learning.
3. Complete the outline below, share your ideas with others and begin initial planning.

Outline

Scan and briefly identify and outline the key components of the lesson.

INSPIRE Interest is sparked and inspired through video clips, role-play, games or hands on activity.

EMPOWER Teachers lead discussions and students are given tools designed to empower them to be kind in their daily lives.

ACT Once students have inspiration and tools, they have the opportunity to put their ideas into action in tangible ways like projects.

REFLECT Students talk about how they have applied kindness in their lives and how good it feels to pay it forward with kindness.



RAK lessons follow a simple template of inspire, empower, act and reflect to build kindness skills.

