

# Caring



## Sub-Concepts Covered: Helpfulness, Gratitude, Compassion, Empathy & Kindness

Kindness in the Classroom lessons teach kindness skills through a step-by step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the ‘share’ step to reinforce learning from previous lessons. The ‘act’ piece is woven into the lessons but really takes place in the projects.

The Caring Unit is our second unit in this six unit year. The focus in our Caring Unit is on exploring how to be caring in a variety of contexts. Caring allows us to show respect to ourselves and others through kind actions and words. The lessons focus on caring through helpfulness, gratitude, empathy, and compassion.

## Unit Objective

Students will:

- Define key kindness terms, including helpfulness, gratitude, and caring.
- Draw a connection between helpfulness and gratitude.
- Understand how empathy and compassion go together.
- Apply self-care thinking to their lives.

## Student Introduction

Now that we understand how to respect ourselves, others, and our space, we are ready to move on to our next unit- Caring! This unit will focus on how to be caring and kind throughout our day, no matter where we are. This means we do our best to care for both ourselves and others. We also want to make sure we take time to be grateful for others that care for us! We will be learning about these key areas:

- Being caring and kind throughout our day!
- Being grateful for those around us!
- Looking for ways to be helpers!
- Showing kindness and compassion to others!

Caring isn’t as hard as it sounds—let’s learn how simple acts of kindness can show others we care each and every day!

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> My Happy Card	<ul style="list-style-type: none"> <li>Create a small, personalized reference card that inspires a feeling of happiness.</li> <li>Practice using coping skills when circumstances cause negative feelings.</li> </ul>	<input type="checkbox"/> Cardstock or cardboard <input type="checkbox"/> Basic Art Supplies <input type="checkbox"/> Packing or Scotch Tape <input type="checkbox"/> Variety of Magazines (optional) <input type="checkbox"/> Glue Sticks (optional) <input type="checkbox"/> Scissors (optional)
<b>Lesson 2</b> Gratitude Chains	<ul style="list-style-type: none"> <li>Highlight grateful actions and words among their peers.</li> <li>Demonstrate gratitude through verbal and written expression.</li> <li>Acknowledge helpfulness among peers by thanking them for their contributions.</li> </ul>	<input type="checkbox"/> Multiple colors of construction paper, cut into long strips 2-3 inches wide <input type="checkbox"/> Glue sticks
<b>Lesson 3</b> A Bowl of Compassion	<ul style="list-style-type: none"> <li>Show compassion by brainstorming solutions for difficult scenarios.</li> <li>Explain compassion through words.</li> </ul>	<input type="checkbox"/> Scenario Cards (see below) <input type="checkbox"/> Bowl or box <input type="checkbox"/> "The Lady in the Box," by Ann McGovern
<b>Lesson 4</b> Graphing with Empathy	<ul style="list-style-type: none"> <li>Demonstrate an understanding of basic emotion words.</li> <li>Interpret emotions others may be feeling and analyze their potential role in creating those emotions.</li> </ul>	<input type="checkbox"/> One set of emotion cards for each student <input type="checkbox"/> Blank emotions graph (see template) <input type="checkbox"/> *Note- this lesson has prep work. You will need to make a set of emotion sticks for each child before playing the game.

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> It's O.K. to Feel...	Students create an interactive bulletin board with 4th-5th grade buddies illustrating the phrase "It's O.K. to feel _____...I've felt that way too."	<input type="checkbox"/> Basic art supplies <input type="checkbox"/> Poster board <input type="checkbox"/> Color paper <input type="checkbox"/> Scissors, tape, etc. <input type="checkbox"/> Yarn <input type="checkbox"/> Paint
<b>Project 2</b> Who's Helping Me?	Each student will focus on random acts of helpfulness for a randomly chosen peer throughout a full school week. The catch is to not get caught being helpful. It will take some thought on how to help others without being asked or ever being acknowledged.	<input type="checkbox"/> Varied depending on act of kindness decided upon by students