

# Courage Journal

In this project, students will create a courage journal for the incoming group of 1st graders who will be 2nd graders the next school year. Each student will give incoming students advice on how to have courage for yourself, for others, and for the classroom as they become second graders.

**Kindness Concept(s)**

Courage, Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- Courage Journal page (one for each student)
- Cover stock for the cover
- Basic art supplies
- Binding machine or three-hole punch to bind book

For this project, students will each design a courage page for the Courage Journal that they are creating as a class. Each courage page (if using the template) is broken into three parts: Courage for Self, Courage for Others, and Courage in the Classroom.

Students should write a short phrase but they can also draw a picture representing their ideas.

As a class, brainstorm examples of each:

- Courage to be kind to yourself- by taking care of yourself, by playing games that you like, even if others don't, by saying nice things about yourself, etc.
- Courage to be kind to others- Using kind words, standing up when someone is being bullied, making a new friend, etc.
- Courage to be kind to the classroom- Pushing in your chair, hanging up your backpack, picking up trash, being gentle with the smartboard, etc.

The first page of the book should be from the teacher, so prepare your page in advance as an example.

After all of the student pages are complete, collect them and bind them using a stapler or a three-hole punch and yarn. Read the journal to students the next day during your morning meeting or advisory period.

**Extension Ideas:**

- You can also assign students to create a cover page; perhaps you have a “covering” contest and students get to design a cover page and the class votes on the one to use.



The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

**RANDOM ACTS OF KINDNESS  
FOUNDATION®**

# Welcome to 2nd Grade!

Sometimes it takes COURAGE to be kind to yourself, to others, and to the classroom and everything we share. Here are some ideas to help you be BRAVE!

**In 2nd grade, you can have the courage to be kind to YOURSELF by:**

**In 2nd grade, you can have the courage to be kind to OTHERS by:**

**In 2nd grade, you can have the courage to be kind to the CLASSROOM by:**

Be BRAVE! You will LOVE 2nd grade!