



Courage

Sub-Concepts Covered: Vulnerability, Humility, 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 Courage Unit is the last unit in this series. It focuses primarily on giving students strategies to help them feel and act courageously even when it is not easy or popular. We want students to realize that they show courage when they make good choices for themselves and when they help others. As with other units, we hope to connect the concepts in this unit back to kindness, which is integral throughout the series.

Unit Objective

Students will:

- Identify things they can do to show courage for ourselves and for others.
- Identify the likely outcome for others by choosing a courageous act.
- Show courage through helping ourselves and others.
- Discuss how it takes courage to be kind to others without recognition.

Student Introduction

Welcome to the Courage Unit! Over the next few weeks, we are going to build some superpowers around courage, which means we are brave enough to do what we know is good for us and for others - even if no one recognizes our good efforts or if those choices seem like the popular choices. Sometimes the brave thing to do is the right thing...not the popular thing. We will talk about what it means to be brave, to help others, and we will even write down some advice for next year's second graders for how they can show courage to themselves, to others, and to our school spaces. We are going to focus on these important areas:

- Being brave for ourselves!
- Being brave for others!
- Being brave to make our school a place where people love being!

Let's get started with our first lesson!

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 I Believe in Super ME!	<ul style="list-style-type: none"> Discuss ways to show courage toward themselves. Identify things that they are good at or believe about themselves. Identify things they can do to show courage. Identify things they want to get better at. Create a personified superhero to remind them of their courage. 	<input type="checkbox"/> I Believe in Super Me - handout <input type="checkbox"/> Pencils, crayons, markers
Lesson 2 Soft vs. Rough	<ul style="list-style-type: none"> Discuss ways to show courage toward others through their word choice. Identify both kind and hurtful words/phrases. Practice creating kind responses to hurtful comments. 	<input type="checkbox"/> Cotton Balls <input type="checkbox"/> Sandpaper (or another rough/scratchy material)
Lesson 3 Kindness Posters	<ul style="list-style-type: none"> Discuss why taking care of our environment is actually a courageous act. Discuss ways to show courage toward our surrounding environment in particular ways. Create Kindness Posters to inspire others to take care of our environment 	<input type="checkbox"/> "Kindness Week" by Tahiya Cooper <input type="checkbox"/> Poster Supplies (Construction paper, art supplies, tape, etc.)
Lesson 4 Random Acts of Kindness: Desk Notes	<ul style="list-style-type: none"> Complete a random act of kindness. Explain how it takes courage to be kind to others without recognition. 	<input type="checkbox"/> Sticky notes <input type="checkbox"/> Pencils/pens/markers

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 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 have courage for yourself, for others, and for the classroom as they become 2nd graders.	<input type="checkbox"/> Courage journal page <input type="checkbox"/> Pencils, colors
Project 2 Wear Your Courage	Students will create a colorful shirt for themselves using colors that represent the kindness they have done for others. When students wear it, they can be reminded that it takes courage to do these things, but they can do it!	<input type="checkbox"/> 100% Cotton T-shirt (anything containing 5% or more of polyester will not dye well) <input type="checkbox"/> Several packs of fabric markers or multicolored sharpie markers