

# Time Out!

This lesson focuses on Respect for Others as it relates to conflict and problem-solving. Students will work in small groups to identify scenarios when a “time out” can be beneficial or even positive. Groups will then roleplay their scenarios and have others guess what they chose.

**Kindness Sub-Concept(s)**

Self-respect, Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- Internet Access for video:  
[https://www.passiton.com/inspiration  
al-stories-tv-spots/121-timeout](https://www.passiton.com/inspiration/al-stories-tv-spots/121-timeout)
- Large Screen to view video clip

**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



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AS A RECOMMENDED PROGRAM  
FOR SOCIAL AND EMOTIONAL LEARNING.  
See last page for details.

**Lesson Objective**

Students will:

- Develop interpersonal skills used in conflict resolution and teamwork.
- Persevere by expending additional effort and seeking help from others. (SEL goal under self-management)
- Recognize that listening is an important part of resolving conflict

**Teacher Connection/Self-Care**

Reach out to another teacher that you may struggle with- check in to see how they are doing this week. Respect starts with YOU.

**Tips for Diverse Learners**

- Play soft music in the background to set a calm tone and not one of competitiveness.
- Enable the closed caption option during the video to help students with hearing impairments.
- Have each group write a narrative for their roleplay and identify a narrator to read the story aloud while others act.

**Share**

3-5 minutes

Have the students line up in two lines and face each other. Have them go down the line and show respect to each person without saying a word! They should try to do something different for each person they meet down the line. (Examples: handshake, smile, high five, thumbs up, etc.)



## Inspire

15-20 minutes

### Overview of Respect for Others

Explain that this lesson will focus on how we respect others. Our class will practice respect for others through cooperation and problem-solving. When we work together and focus on a common goal, we show kindness and demonstrate respect.

### Time Out! Video

10 minutes

Show the Foundation for a Better Life “Time Out” video clip:

<https://www.passiton.com/inspirational-stories-tv-spots/121-timeout>

Ask students to notice how the people in the clip act and the consequences of their actions.

After watching, have a class discussion using the following questions:

- How do you think the people were treating each other?
- Why do you think the girl decided to say something to the two people who were arguing?
- Why do you think the two people stopped and then apologized?
- Have you ever gotten really upset with someone and then realized that maybe you could have acted in a different way? What did you do?
- What are some other ways that we can disagree in a way that respects or shows care for the other person?



## Empower

20 minutes

Students will break up into groups of 3-4 and brainstorm one scenario in which a “time out” would be a good idea before moving forward. You may wish to brainstorm as a class first if students are struggling to feel comfortable in their groups this early in the school year. Each group will present a roleplay to demonstrate their scenario (make sure they include the “time out” in some capacity!).

- Allow each group 10 minutes to brainstorm and plan their roleplay. Some ideas to jumpstart their creativity:
  - Arguing with a sibling over whose turn it is to feed the family pet.
  - Feeling frustrated with a parent who says you can't go to your friend's house because you have homework to finish.
  - Getting upset with a competitor in a sporting event who you think is playing unfairly.
- Have each group present their roleplay.
- They can announce their topic or have the class guess (teacher choice).
- Every student in the group must have a role (narrator, actor, script note taker, etc.).

After everyone has presented, ask the class, “How can showing respect help when you are trying to solve a problem or resolve a conflict with someone?”

## RANDOM ACTS OF KINDNESS FOUNDATION®



## Reflect

5 minutes

### Ask:

- Have you ever heard the phrase, “Actions speak louder than words”? What does that mean?

Remind students that respect for others (and for yourself!) is as much about your actions as it is about your words!



## Extension Ideas

- Students can turn their roleplay into a written story, complete with illustrations.
- Students can create pictorial roleplay cards for future use during indoor recess or other cooperative activity times.



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AND EMOTIONAL  
LEARNING.

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/>