



# 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.

In the Courage Unit, students will have the chance to recognize what makes them courageous, which also includes feeling empowered to say “yes” to good choices and “no” to bad choices, even when it feels hard to do so. Students will also explore what they are passionate about and determine if they have the courage to follow that passion. Finally, students will experience how good it feels to honor the courage of others through “random acts of kindness.” Sometimes simply being kind to others takes courage and vulnerability, and this unit will give students an opportunity to recognize and embrace these concepts.

## Unit Objective

Students will:

- Recognize that being our best selves takes courage & sometimes risk.
- Practice respectful ways of saying “no” to peer pressure.
- Discuss the role of courage in making change in a community.
- Discuss the experience and impact of engaging in random acts of kindness.

## Student Introduction

Welcome to the Courage Unit! This unit will give you an opportunity to recognize all the great ways in which you show courage, vulnerability, and humility - all of which can feel somewhat scary, but all of which are also incredibly rewarding. In this unit you will be encouraged to try some new things - get out of your comfort zone a bit - and evaluate what it is you are really excited about that empower you and others for good. You will also get a chance to practice saying “no” to things that you know are not good for you (which takes courage!), and end with the opportunity to recognize others for their courageous acts! Let's get started with our first lesson!

- Courage, vulnerability, humility
- Role play: Responding to Peer Pressure
- Making positive change

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> Personal Jar of Encouragement	<ul style="list-style-type: none"> <li>• Create 10 personal statements of encouragement to demonstrate kindness to self.</li> <li>• Explain how it takes courage to be kind to ourselves.</li> </ul>	<input type="checkbox"/> Jar with lid for each student (can use empty food jars, etc. <input type="checkbox"/> Stickers <input type="checkbox"/> Art Supplies <input type="checkbox"/> Index cards (10 per student)
<b>Lesson 2</b> Come Back with Courage: Role Plays	<ul style="list-style-type: none"> <li>• Practice respectful ways of saying “no” when they experience peer pressure.</li> </ul>	<input type="checkbox"/> Come Back with Courage Role-Play scenarios (see lesson)
<b>Lesson 3</b> Be the Change	<ul style="list-style-type: none"> <li>• Discuss the role of courage in making change in a community.</li> <li>• Brainstorm ways to get involved in local community efforts for change.</li> </ul>	<input type="checkbox"/> Be the Change worksheet (see lesson)
<b>Lesson 4</b> 30 Random Act of Kindness	<ul style="list-style-type: none"> <li>• Understand what a random act of kindness is.</li> <li>• Complete a certain number of acts of kindness by a given deadline.</li> <li>• Discuss the experience and impact of engaging in random acts of kindness.</li> </ul>	<input type="checkbox"/> Random Acts of Kindness List (see lesson) <input type="checkbox"/> “Be Kind!” by Pat Zietlow Miller

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> 5th Grade Thank-You Notes	For this project, students will create a bulletin board where everyone can express gratitude for and kindness toward others. For fun, they may want to create a board themed like Jimmy Fallon's <a href="#">“thank you notes”</a> segment that runs on his Friday shows.	<input type="checkbox"/> Printed thank-you cards (as shown in project or sticky notes or some other notecard) <input type="checkbox"/> Markers, pens, or pencils <input type="checkbox"/> Bulletin board materials, as desired
<b>Project 2</b> Courage Research Project	Students will research a courageous figure and create a poster highlighting their actions and impact. Working individually or in groups, students will deliver a 2-3 minute presentation with their poster and optional speaker notes.	<input type="checkbox"/> Poster size: 24x36 inches (or as determined by the teacher) <input type="checkbox"/> Art materials for poster development <input type="checkbox"/> Note cards: 1-2 note cards allowed to aid in the presentation