



Sub-Concepts Covered: Compassion, Helpfulness, Gratitude, Kindness

Unit Objective

Students will:

- Define key kindness terms, including helpfulness, gratitude, and caring.
- Explain the connection between helpfulness and gratitude.
- Understand how empathy and compassion go together.

Student Introduction

Welcome to our Caring unit! We have learned so much about how to respect ourselves, others, and our space. Now it is time to use that respect to show caring as well! These next several weeks we will focus on caring and its four helpers: helpfulness, gratitude, compassion and empathy. All of these concepts work together to help us treat both ourselves and others with kindness.

Caring is kind! Let's get started!

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 Remember to Care!	<ul style="list-style-type: none"> ● Demonstrate how to show caring, helpfulness, gratitude, and compassion to others. ● Identify caring across multiple settings including home and school. 	<ul style="list-style-type: none"> <input type="checkbox"/> Interactive Memory Game Powerpoint <input type="checkbox"/> Memory Game Pieces (if you decide to play this game without technology) <input type="checkbox"/> Teacher Script (see lesson)
Lesson 2 Tic-Tac-Toe	<ul style="list-style-type: none"> ● Highlight grateful actions and words among their peers. ● Demonstrate gratitude through verbal expression. ● Become more aware of the helpfulness others provide throughout their day. 	<ul style="list-style-type: none"> <input type="checkbox"/> Masking Tape <input type="checkbox"/> "Thank You Omu!" by Oge Mora
Lesson 3 Get Well Soon	<ul style="list-style-type: none"> ● Show compassion by creating get well cards for ill children in the hospital. ● Explain compassion through art. 	<ul style="list-style-type: none"> <input type="checkbox"/> Cardstock <input type="checkbox"/> Art Supplies (your choice) <input type="checkbox"/> Large Manila Envelope <input type="checkbox"/> Stamps (if you mail it)

Lesson 4
Tea Time

- Explain how to show caring through the use of proper manners.
- Demonstrate proper manners in a meal setting.
- Practice helpfulness, kindness, and compassion in a group setting.

- ☐ Iced Tea or Hot Tea
 - ☐ Dixie Cups
 - ☐ Silverware
 - ☐ Paper Plates
 - ☐ Napkins (optional)
 - ☐ Construction paper
 - ☐ Basic art supplies
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Unit Projects

Project Title	Project Overview	Materials Required
Project 1 100 Degrees of Caring	One project that teachers often track is the first 100 days of school. This bulletin board uses that same premise, but focuses on 100 different ways the class was “caught” caring for themselves and others.	<ul style="list-style-type: none"><input type="checkbox"/> Small rocks, blocks or tickets<input type="checkbox"/> 1 cup for each student<input type="checkbox"/> Star stickers<input type="checkbox"/> Bulletin board supplies
Project 2 A Helping Hand	Students will work together to catch each other doing 100 different caring/kind actions and document them on a bulletin board.	<ul style="list-style-type: none"><input type="checkbox"/> Index Cards<input type="checkbox"/> Simple stamps or stickers (4-5 different types)
