

A Rainbow of Respect

This lesson focuses on Respect for Others as it relates to cooperation, collaboration, and problem solving. Students will work together to create rainbows in small groups by asking permission and sharing. At this age, a simple activity can provide a powerful example of how simply asking permission and sharing can create a respectful classroom.

Respect Sub-Concept(s)

Self-Care, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Crayons: specifically the colors of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, and Violet)

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.

**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

**Lesson Objective**

Students will:

- Develop interpersonal skills used in cooperation and teamwork.
- Practice how to ask permission and share with peers.

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 inspire cooperation.
- Role play how to ask for a crayon with both gestures and simple words for English Language Learners.



Share

3-5 minutes

Review the definition of **Respect**: *Treating people, places, and things with kindness*. Ask students to give an example of a way that someone treated them with kindness and respect today. Model an example to get them thinking.



Inspire

Respect Our Friends

5-7 minutes

Explain that this lesson will focus on respecting others in our class. Each group will practice respect for others through cooperation and asking permission. When we work together and focus on a common goal, we show kindness and demonstrate respect. There are two basic ways we show respect for each other every day in our classroom: asking permission and sharing!

- **Asking Permission:** Have you ever wanted a toy or marker that your friend was using? It can be hard to wait patiently for your turn. One solution to this is to simply ask! Remember to ask kindly and with a respectful tone. You are more likely to get a yes when you show your friends respect.
- **Sharing:** Have you ever tried to finish a picture but you didn't have all the colors you wanted? It can be very frustrating to have to stop what you are doing. This is where sharing comes in! If we share our supplies, we can both create beautiful art without fighting.
- **(Optional)** Role-play how to complete these tasks (add 5 minutes to overall time).



Empower

20 minutes

Small groups of students will work together to color individual rainbows. The twist is that each child will only receive one crayon. Students will be required to ask permission and share to complete their personal rainbows.

Instructions:

- Divide students into groups of 7-8.
- Each group will be given all the colors of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo, and Violet. (You can use the acronym ROY G. BIV to help remember the colors.)
- Pass out one of these colors to each child in the group. Make sure every child has the blackline rainbow handout below and only one crayon.
- Explain that every person must complete their rainbow using ALL the colors of the rainbow.
- Show a completed rainbow on the board (or complete a sample ahead of time).

The only way to complete the activity is to ask permission and share!

- Before allowing the entire class to start, demonstrate how to ask permission from a neighbor. Emphasize kind words and respectful actions.
- During your demonstration, show disrespectful actions and unkind words as well. Examples: snatch a color without asking, yell, “Give it to me now!” etc.



Reflect

3-5 minutes

On a large piece of paper or on the whiteboard, write TIPS FOR RESPECT at the top. Using the following questions, generate ideas from the class on ways to respectfully ask permission and use kind words when sharing:

- *Have you ever asked for permission and someone said no? How did you handle it? Can we help him/her come up with other ideas?*
- *Have you ever wanted to share, but the other person turned you down? What happened next? What other ideas could have worked here?*
- *Have you ever had a toy taken away from you without permission? How did that make you feel? How could that person have used kindness and respect instead?*



Extension Ideas

- Create a space to display the rainbows to visualize and remind the students about sharing and asking permission.

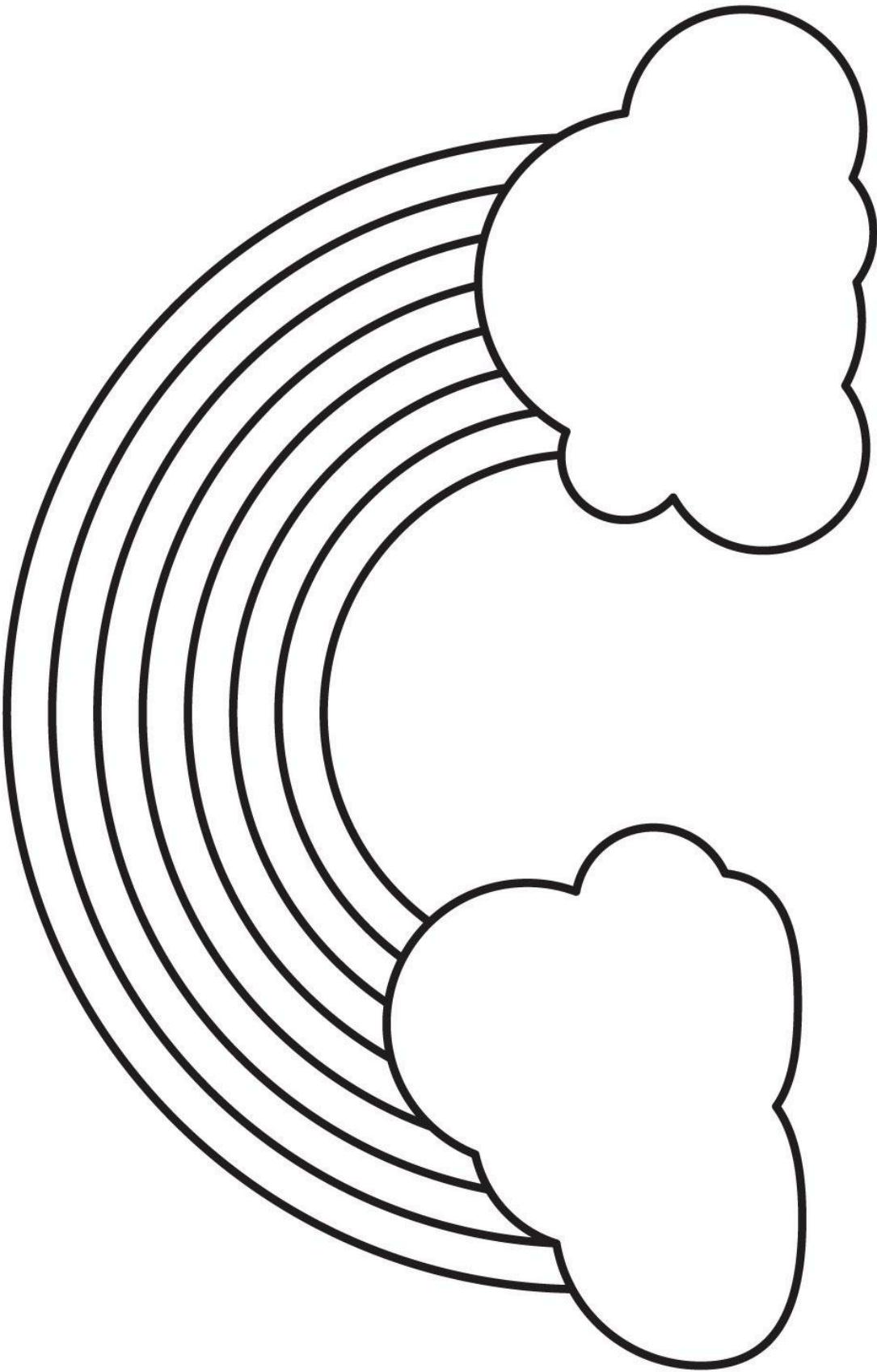


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PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

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/>



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