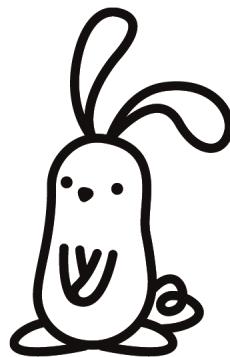# Caring

Sub-Concepts Covered: Compassion, Empathy, Helpfulness, Gratitude, 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 Caring Unit is our second unit in this six unit year. The focus in our Caring Unit is on exploring how to be caring in a variety of contexts. The lessons will explore caring and how it incorporates helpfulness, gratitude, compassion, empathy, and kindness. Students at this age are ready to explore concepts that are less concrete. Empathy and Gratitude are explored in depth as tools for expressing caring.

Unit Objective

Students will:

- Define key kindness terms, including helpfulness, gratitude, and caring.
- Draw a connection between helpfulness and gratitude and empathy and compassion.
- Apply self-care thinking to their lives.

Student Introduction

Now that we understand how to respect ourselves, others, and our community, we are ready to move on to our next unit- Caring! This unit will focus on how to be caring and kind throughout our day, no matter where we are. This means we do our best to care for both ourselves and others. We also want to make sure we take time to be grateful for others that care for us and show empathy for those around us! We will be learning about these key areas:

- Being caring and kind throughout our day!
- Being grateful for those around us!
- Showing empathy for others!
- Showing kindness and compassion through our words and actions!

Caring takes practice- let's learn how simple acts of kindness can show others we care each and every day!

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Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 My Affirmation Stone	● Create a personalized affirmation stone using words and images that inspire a feeling of happiness. ● Practice using coping skills when circumstances cause negative feelings.	❏ Liquid White Glue ❏ Paintbrushes ❏ Scissors for each child ❏ Magazines or images from the internet ❏ Stones ❏ Ball or bean bag
Lesson 2 Caring Comic	● Explain how each person's helpfulness contributes to the efficient classroom. ● Illustrate how to show gratitude for the helpful actions of others. ● Create a comic strip documenting a helpful deed and the subsequent gratitude it evokes.	❏ Comic Strip Template ❏ Basic art supplies ❏ Optional: Computers and Internet Access ❏ Comic Strip Generator: https://www.storyboardthat.com/story board-creator
Lesson 3 Compassion Role Plays	● Show compassion by brainstorming solutions for difficult scenarios. ● Practice kind and compassionate ways to respond in different role-play scenarios.	❏ Scenario cards (see lesson) ❏ Index Cards (optional)
Lesson 4 Empathy Through Senses	● Demonstrate an introductory understanding of empathy using the five senses ● Develop empathy for scenarios depicted in art.	❏ "Maddie's Fridge" by Louis Brandt ❏ Art images (4-6 copies of each OR projected within the classroom) ❏ Prompting Worksheet ❏ Lined Paper ❏ Pencils

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 Share Your Feelings	Students will create an interactive bulletin board that invites passersby the opportunity to illustrate what common types of feelings look like or sound like to them.	❏ Basic Bulletin Board materials ❏ 4 different colored post it packs ❏ Dictionaries ❏ Construction paper ❏ Markers ❏ String or yarn
Project 2 Chain of Gratitude	This project will allow your class to share daily gratitudes every day for the entire unit (or even the entire year if desired!) using paper chains.	❏ Strips of construction paper ❏ Markers ❏ Glue or tape ❏ Poster board ❏ Stickers (optional)

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