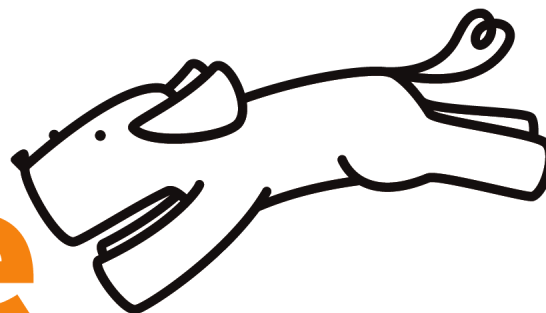# Courage

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.

The Courage Unit is the last unit in this series. The Courage Unit focuses primarily on inspiring students to be courageous with their kind thoughts, words, and actions, even when others don't acknowledge it. Every grade will also end in unison in the final lesson by completing a grade specific Random Act of Kindness. Be on the lookout for what the other grades in your school have in store for you at the end of this unit.

Unit Objective

Students will:

- Identify ways to show courage for themselves, others, and the community.
- Practice random acts of kindness.
- Show courage through helping themselves, others, and the community.
- Discuss how it takes courage to be kind to others without recognition.

Student Introduction

Welcome to our final unit- Courage!! Over the next few weeks, we are going to use our courage to be kind to ourselves, others, and our community. We will be learning how to build ourselves up through positive words, respond to others with kind words, and leave money out for unsuspecting strangers to find as a way to spread kindness. !We are going to focus on these important areas:

- Having the courage to be kind to ourselves!
- Having the courage to be kind to others!
- Having the courage to make our community a place where people feel safe and loved!

It's time to spread the kindness through courage- let's get started!

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 Courage To Be Me	● Identify unique qualities and interests about themselves. ● Use courage to be themselves, even when they are alone in their preferences.	❏ Lima bean template (see lesson) ❏ "A Bad Case of the Stripes" by David Shannon ❏ Writing supplies
Lesson 2 Kind Word Role Plays	● Highlight kind words and actions through role-plays. ● Explain how it takes courage to be kind to others.	❏ Scenario Cards (see lesson) ❏ Basic Writing Supplies
Lesson 3 Community Kindness-TOP TEN	● Identify ways to be kind to the community they reside in. ● Explain how it takes courage to affect change in our community.	❏ "The Invisible Boy" by Trudy Ludwig ❏ 4-6 poster boards or large construction paper (one needed for each small group) ❏ Basic art supplies
Lesson 4 Random Acts of Kindness: Ninja Style!	● Complete a random act of kindness. ● Explain how it takes courage to be kind to others without recognition	❏ Bowl, bag of pebbles, water ❏ Sidewalk Chalk ❏ 1 roll of quarters (can use nickels or pennies if needed) ❏ Index cards ❏ Basic Art Supplies ❏ "Ordinary Mary's Extraordinary Deed" by Emily Pearson

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 Everyday Brave	This project encourages students to celebrate little bouts of bravery throughout each day. Students will create a week's worth of everyday examples of personal bravery that they can reference.	❏ Index cards ❏ Basic art supplies ❏ Hole punch ❏ Metal ring (or paper clip) ❏ Contact paper (optional)
Project 2 Kindness Klips!	This project is a fun and unique way for your class to spread kindness to each other by showering them with compliments! Each student will be honored during the upcoming week by standing at the front of the class while each person in the class comes up and writes one kind thing about them around their "frame".	❏ small strips of paper ❏ 1 balloon for each student (and teacher!) ❏ tacks ❏ basic bulletin board supplies ❏ camera and printer (optional)

RANDOM ACTS OF KINDNESS
FOUNDATION®