

Kindness Escape Room

In this project, students will think about inclusiveness through the lens of teamwork. They will also review and demonstrate understanding of respect and caring through an “escape room” simulation (even if you have not completed the Respect or Caring Units, you can still do this project). Teams of four work together to solve four situations and earn a pass “out” of the escape room. The idea is to create a slightly competitive environment where students must work together to achieve a common goal.

Inclusiveness Sub-Concept(s)

Kindness

Project Timeframe

25-30 minutes

Required Materials

- ❑ Escape Room Situation cards - one set of cards for each team
- ❑ Escape Room Situation Answer cards - one set of cards for each team
- ❑ Pen/pencils for writing down answers

Optional:

- ❑ Envelopes for situation slips or staples if simply folded. The idea is to keep the situation somewhat concealed until the retriever returns to his or her team.
- ❑ Stamper or some kind of marker to check off teams' scorecards. Can also simply draw a star or check mark
- ❑ Could have prizes for the team that escapes first

Note: If time permits, you could prepare the room in advance with some escape room signs, suspenseful music, etc. (see ideas here:

<https://www.weareteachers.com/build-a-classroom-escape-room-lesson/>)

Students are going to work in teams of four to address some situations about kindness, including concepts presented in the Respect and Caring Units. Each team member has a special job to do in order for the team to be successful; therefore, it is important for teams to be inclusive of every person on their team.

Team roles:

1. **Retriever:** The retriever is the person who goes to the teacher and receives the situations. The retriever returns to the team and gives the situation to the reader.
2. **Reader:** The reader needs to read the situation out loud to the team.
3. **Writer:** The writer writes down the team's final decision or response on the answer card and gives it to the reporter. The whole team must agree on the response and sign the card to verify the results.
4. **Reporter:** The reporter walks the answer card back to the teacher who will review and either approve or reject the answer.

If approved, the teacher will stamp the score card. The reporter returns to the team, and high-fives the retriever who then goes back for the next situation. The retriever cannot leave his or her seat until the reporter high-fives them. Then the team repeats the same action for the next situation until they have answered all four situations successfully.

As soon as a team gets all four stamps, you get to “escape”. The goal is to be the first team out!

When all teams have completed the challenge, ask the following questions:

- What was this experience like for your team? Did everyone feel confident in performing their duty?
- How did you assign team members roles?
- Was there ever any conflict on your team?
- What would have happened if one of your team members didn't fulfill his or her role?



DESIGNATED BY CASEL
AS A RECOMMENDED
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/>

Kindness Escape Room Situations

Ensure there is one of each of the four situations for each team; cut them out and put them in envelopes (or simply fold them in half and staple).

Note for Teachers: With the exception of #4, the aim of these situations isn't to make students simply recall facts or concepts; it is to apply them. Therefore, any answer has the potential to be the right answer. Make a quick judgment call, but if the response does not specifically address the question or is missing an element of kindness, caring, or inclusiveness, ask teams to rethink their response so that it is more specific or addresses a kindness concept in more detail. With #4, the apology should address the four steps in some way. If a step is missing, encourage teams to add it in.

Four Steps to Making an Apology:

1. Realize you did wrong.
2. Sincerely apologize.
3. Explain yourself.
4. Make future plans.

Situation 1

Maddie is a new student in your class. She is from another state and her family just moved here. What are three specific things you and your classmates could do to make her feel welcome?

Situation 2

You heard a rumor about your best friend from a boy in your class named Trey. You talk to Trey and ask him to stop spreading lies about your friend. Trey says he doesn't care what you say and starts making fun of what you are wearing. How could you respond that is assertive yet respectful?

Situation 3

You are feeling stressed. You have a big test on Friday. You have music lessons once a week and theater twice a week, so you don't have a lot of time after school to relax. Your little sister is getting on your nerves, and you are nervous about your upcoming solo at the school music concert. Name three things you can do to help take care of yourself so that you don't feel so anxious and stressed out, and explain how the strategy will help at least one of these specific stressors. (For example: You could ask your teacher for help studying so you aren't nervous about your test. You cannot use this example as one of your self-care strategies!)

Situation 4

You took your mom's phone without asking and accidentally dropped it and cracked the screen. Write out a sincere apology to her using the steps below.

Four Steps to Making an Apology:

1. Realize you did something wrong.
2. Sincerely apologize.
3. Explain yourself.
4. Make future plans.

Situation 1 Answer

Signed _____

Situation 2 Answer

Signed _____

Situation 3 Answer

Signed _____

Situation 4 Answer

Signed _____