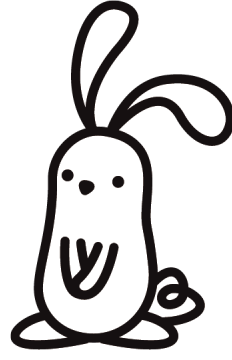


Caring



Sub-Concepts Covered: Compassion, Gratitude, Helpfulness, Empathy, 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.

In the Caring Unit, students will discuss rumors and gossip and evaluate their damaging effects. The unit ends with lessons on making sincere apologies and forgiveness. These topics might trigger strong emotions for students if they have been victims of gossip or rumors, or if they have relationships (either at home or at school) where they feel apologizing and forgiveness is required. Be aware of those students who might be triggered by these topics and be prepared with a plan to support them through the services and resources your school can provide.

Unit Objective

Students will:

- Identify rumors and gossip.
- Communicate assertively.
- Identify ways to give a sincere apology.
- Learn how forgiving others helps them to live happier lives.

Student Introduction

Welcome to the Caring Unit! This unit is a really important one. In this unit you will learn how to care for yourself and for others by learning how to stop the spread of rumors and gossip. You will also learn - or *relearn* - the power of making a sincere apology and offering forgiveness. Both of these things can be really hard because it means admitting we were wrong or accepting that someone else was wrong. While these aren't comfortable topics, it is absolutely critical that you have the skills to give and receive forgiveness. This is the ultimate show of caring and compassion - both for yourself and for others. If at any point you struggle with these concepts, let your teacher know. He or she will provide the support and guidance you need. Let's get started with our first lesson!

- Rumors and gossip
- Assertive communication
- Making sincere apologies
- Forgiveness

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 Word Clouds of Care	<ul style="list-style-type: none"> Identify rumors and gossip. Reflect on ways they can respond when they hear information that is untrue or unkind. 	<ul style="list-style-type: none"> PBS Gossip and Rumors clip: https://www.youtube.com/watch?v=98SChJzfiD4 Sheets of white paper (preferably cardstock or construction paper; something that will hold up) - one for each student Scissors Writing utensils String to hang clouds (if desired)
Lesson 2 Communication Comic	<ul style="list-style-type: none"> Identify different ways of communicating with others. Communicate assertively. 	<ul style="list-style-type: none"> Paper for the comic strip Writing/coloring utensils Ruler (to draw squares for comic strip, if desired)
Lesson 3 Making a Sincere Apology	<ul style="list-style-type: none"> Identify ways to give a sincere apology. Connect the importance and impact of an apology with caring and respect. 	<ul style="list-style-type: none"> Read about Rob Lewicki's research on apology. https://news.osu.edu/news/2016/04/12/effective-apology/ Kids Health: http://kidshealth.org/en/kids/sorry.html
Lesson 4 Steps to Forgiveness	<ul style="list-style-type: none"> Learn how forgiving others helps them to live happier lives. Connect the importance and impact of forgiveness with caring. 	<ul style="list-style-type: none"> The Lemon Moon by Edith Hope Fine. https://www.youtube.com/watch?v=h3bELLiYqv8 Journal materials (paper, pencils)

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 I Care for My#Selfie	Students focus on identifying the ways they take care of their minds and bodies, and identify three specific things (about themselves) that they are thankful for.	<ul style="list-style-type: none"> You will use the #selfie drawings for the bulletin board idea in Project #1 for this unit. Printed #selfie worksheets, one for each student (see below) Crayons, markers for coloring the selfie
Project 2 Spread Care Project Plan	Students will brainstorm areas they would like to help others, which could include helping the janitors, helping the kitchen staff, or helping younger students by reading or assisting with special projects. This project could also be tailored to be a large group project related to caring, perhaps in caring for the school grounds or collectively helping in a younger classroom with a specific project or activity.	<ul style="list-style-type: none"> Project plan worksheet (see attached) Various materials depending on the project decided upon.