

# Caring



**Sub-Concepts Covered: Compassion, Gratitude, 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.

This is the second unit of the *Kindness in the Classroom* curriculum. It builds upon the base of respect presented in the first unit, with an increased focus on how to go deeper and apply this respect via caring and its subconcepts. Students are continuing to find a balance between growing up and embracing kindness. Encourage the ongoing importance of self-care as a vital stepping block in the process of expanding your caring, compassion, and empathy for others.

## Unit Objective

Students will:

- Utilize self-care tools and methods to increase a feeling of self worth.
- Expand their skills of empathy and compassion for both people they know personally and others within their community.
- Practice both giving and receiving gratitude through a foundation of kindness.

## Student Introduction

Caring- the concept is nothing new to you at this point in your life. You have been caring for yourself (and probably others) in some capacity for years. However, true caring embraces a spirit of kindness through gratitude, compassion and empathy. This unit will focus on expanding your horizons within this concept. HOW do you show you care? What does that look like? Sound like? Feel like? HOW do you respond when others show they care? Our focus during this unit is as follows:

- The Importance of Self-Care
- Expressing Gratitude
- Expanding Empathy

## Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
<b>Lesson 1</b> Self-Care Scattered Categories	<ul style="list-style-type: none"> <li>Explore how they currently demonstrate self-care in both physical and mental ways</li> <li>Create a personal goal for increasing self-care as a part of their daily routine</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Scattered Categories Handout (1 for each group)</li> <li><input type="checkbox"/> Pencils</li> </ul>	<p><u>Small Group-</u> Self-Care Checklist</p> <p><u>Partners-</u> Daily Priorities</p> <p><u>Individual-</u> Self-Care Assessment</p> <p><u>Technology Focus-</u> Real Life vs. Media</p>
<b>Lesson 2</b> Simple Gratitude	<ul style="list-style-type: none"> <li>Explore how they currently demonstrate gratitude for what they have and those around them.</li> <li>Expand their ability to provide unsolicited gratitude.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Index Cards</li> <li><input type="checkbox"/> Pencils</li> </ul>	<p><u>Small Group-</u> Gratitude Role Plays</p> <p><u>Partners-</u> Gratitude Session</p> <p><u>Individual-</u> Gratitude Comic Strip</p> <p><u>Technology Focus-</u> Technology for the Win!</p>
<b>Lesson 3</b> Choose Your Empathy	<ul style="list-style-type: none"> <li>Explore the difference between sympathy and empathy.</li> <li>Develop an understanding of empathy as it applies to them personally.</li> <li>Practice empathy in a variety of scenarios throughout their daily routine.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> No materials are required for this lesson</li> </ul>	<p><u>Small Group-</u> Common Struggles</p> <p><u>Partners-</u> Common Ground</p> <p><u>Individual-</u> Welcome Home</p> <p><u>Technology Focus-</u> Awareness Extended</p>
<b>Lesson 4</b> Compassion Challenge	<ul style="list-style-type: none"> <li>Utilize empathy as a motivational tool to increase compassion within your everyday life.</li> <li>Practice compassion on both a local and national scale.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> No materials are required for this lesson</li> </ul>	<p><u>Small Group-</u> Compassion in Action</p> <p><u>Partners-</u> Continuing Compassion</p> <p><u>Individual-</u> Sharing Compassion</p> <p><u>Technology Focus-</u> Compassion Apps</p>

## Unit Project

<b>Project Title</b>	<b>Project Overview</b>	<b>Materials Required</b>
Caring for Our School	The class will work towards planning and executing a service project to benefit their school.	<ul style="list-style-type: none"><li><input type="checkbox"/> Workgroup Handouts (see lesson)</li><li><input type="checkbox"/> Computer</li><li><input type="checkbox"/> Basic Art Supplies</li><li><input type="checkbox"/> Other materials will vary depending on project selected</li></ul>