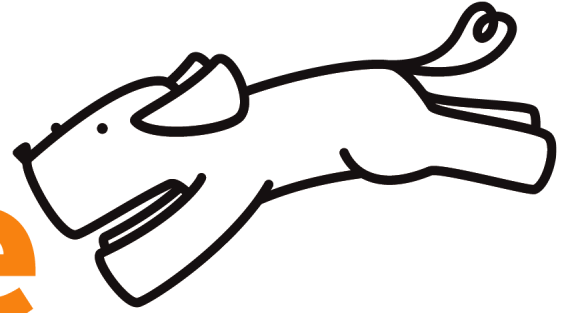


Courage



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.

In the Courage Unit, students will have the chance to recognize what makes them courageous, which also includes feeling empowered to say “yes” to good choices and “no” to bad choices, even when it feels hard to do so. Students will also explore what they are passionate about and determine if they have the courage to follow that passion. Finally, students will experience how good it feels to honor the courage of others through “random acts of kindness.” Sometimes simply being kind to others takes courage and vulnerability, and this unit will give students an opportunity to recognize and embrace these concepts.

Unit Objective

Students will:

- Recognize that being our best selves takes courage & sometimes risk.
- Practice respectful ways of saying “no” to peer pressure.
- Discuss the role of courage in making change in a community.
- Discuss the experience and impact of engaging in random acts of kindness.

Student Introduction

Welcome to the Courage Unit! This unit will give you an opportunity to recognize all the great ways in which you show courage, vulnerability, and humility - all of which can feel somewhat scary, but all of which are also incredibly rewarding. In this unit you will be encouraged to try some new things - get out of your comfort zone a bit - and evaluate what it is you are really excited about could empower you and others for good. You will also get a chance to practice saying “no” to things that you know are not good for you (which takes courage!), and end with the opportunity to recognize others for their courageous acts! Let's get started with our first lesson!

- Courage, vulnerability, humility
- Role play: Responding to Peer Pressure
- Making positive change

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 Try New Things: Courage Dance Party	<ul style="list-style-type: none"> Recognize that being our best selves takes courage & sometimes risk. Practice expressions of courage and self-inclusion. 	<ul style="list-style-type: none"> Music player and dance song. Paper and writing utensils.
Lesson 2 Come Back with Courage: Role Play	<ul style="list-style-type: none"> Practice respectful ways of saying “no” when they experience peer pressure. 	<ul style="list-style-type: none"> Come Back with Courage Role-Play scenarios (see lesson)
Lesson 3 Be the Change	<ul style="list-style-type: none"> Discuss the role of courage in making change in a community. Brainstorm ways to get involved in local community efforts for change. 	<ul style="list-style-type: none"> Be the Change worksheet (see lesson)
Lesson 4 30 Random Acts of Kindness	<ul style="list-style-type: none"> Understand what a random act of kindness is. Complete a certain number of acts of kindness by a given deadline. Discuss the experience and impact of engaging in random acts of kindness. 	<ul style="list-style-type: none"> One Kindness by Jacqueline Woodson – print version, eBook for Smart Board, or audio https://www.youtube.com/watch?v=WINGyno4W14 Large bowl that can hold water and one small stone per student. One stone per student – can be natural stone or spray paint the stones pink (each stone in future lessons has a specific color to easily differentiate the various kind acts that are noticed and accounted for by dropping the stone)

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 5th Grade Thank You Notes	For this project, the 5th grade sets up a “thank you notes” station either outside their classroom or in a prominent place in the school, possibly by the front entrance, by the office, or even in multiple locations.	<ul style="list-style-type: none"> Printed thank-you cards (as shown in lesson or sticky notes or some other notecard) Markers, pens, or pencils Bulletin board materials, as desired
Project 2 Courage Research Project	Students will have an opportunity to learn or practice research and presentation skills through this project. Teachers can determine if students will work independently or as a group, researching a past or present well-known figure who is a model of courage.	<ul style="list-style-type: none"> Poster size: 24x36 inches (or as determined by the teacher) Art materials for poster development Note cards: 1-2 note cards allowed to aid in the presentation