

# Caring



**Sub-Concepts Covered: Compassion, Helpfulness, Gratitude, 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 unit is the second of our six unit series. This unit builds on respect and expands the concept to incorporate caring as a natural addition to respectful behavior. The focus of this unit is on caring for ourselves and others, even those we have never met. Students will also explore the concepts of helpfulness, gratitude, compassion, empathy, and kindness as helpers that assist caring in a variety of ways.

## Unit Objective

Students will:

- Define key kindness terms, including helpfulness, gratitude, and caring.
- Explain the connection between helpfulness and gratitude.
- Understand how empathy and compassion go together.

## Student Introduction

Welcome to our Caring unit! We have learned so much about how to respect ourselves, others, and our space. Now it is time to use that respect to show caring as well! These next several weeks we will focus on caring and its four helpers- helpfulness, gratitude, compassion and empathy. All of these concepts work together to help us treat both ourselves and others with kindness.

Caring is kind! Let's get started!

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> Remember to Care!	<ul style="list-style-type: none"> <li>• Demonstrate how to show caring, helpfulness, gratitude, and compassion to others.</li> <li>• Identify caring across multiple settings including home and school.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Interactive Memory Game Powerpoint</li> <li><input type="checkbox"/> Memory Game Pieces (if you decide to play this game without technology)</li> <li><input type="checkbox"/> Teacher Script</li> </ul>
<b>Lesson 2</b> Tic-Tac-Toe	<ul style="list-style-type: none"> <li>• Highlight grateful actions and words among their peers.</li> <li>• Demonstrate gratitude through verbal expression.</li> <li>• Become more aware of the helpfulness others provide throughout their day.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Masking Tape</li> </ul>
<b>Lesson 3</b> Get Well Soon	<ul style="list-style-type: none"> <li>• Show compassion by creating get well cards for ill children in the hospital.</li> <li>• Explain compassion through art.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cardstock</li> <li><input type="checkbox"/> Art Supplies (your choice)</li> <li><input type="checkbox"/> Large Manila Envelope</li> <li><input type="checkbox"/> Stamps (if you mail it)</li> </ul>
<b>Lesson 4</b> Tea Time	<ul style="list-style-type: none"> <li>• Explain how to show caring through the use of proper manners.</li> <li>• Demonstrate proper manners in a meal setting.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Iced Tea or Hot Tea</li> <li><input type="checkbox"/> Dixie Cups</li> <li><input type="checkbox"/> Silverware</li> <li><input type="checkbox"/> Paper Plates</li> <li><input type="checkbox"/> Napkins (optional)</li> <li><input type="checkbox"/> Construction paper</li> <li><input type="checkbox"/> Basic art supplies</li> </ul>

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> 100 Ways to Care	Students will work together to catch each other doing 100 different caring/kind actions and document them on a bulletin board.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Small rocks, blocks or tickets</li> <li><input type="checkbox"/> 1 cup for each student</li> <li><input type="checkbox"/> star stickers</li> <li><input type="checkbox"/> bulletin board supplies</li> </ul>
<b>Project 2</b> A Helping Hand	Students will practice the concept of caring b helping the adults within the school in a fun and tangible way.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Index Cards</li> <li><input type="checkbox"/> Simple stamps or stickers (4-5 different types)</li> </ul>