

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.

You have arrived at the 6th and final concept of the year! As you wrap up sixth grade and prepare to send your students out into the world for a much deserved break, your class will explore the concept of courage and how it connects to humility, vulnerability and ultimately kindness. For many students this will be a completely foreign or unexpected connection. Our society does not present these concepts together as a cohesive unit. However, if one wants to truly live with kindness at the center of their core, they will need courage to do so!

Unit Objective

Students will:

- Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations.
- Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.
- Draw connections between vulnerability and courage.

Student Introduction

Courage- we often think of this word and relate it to strength and honor. However, it takes courage to be kind, even in the face of hatred. It takes courage to build others up without looking for any reward on your part. It takes courage to admit areas that might need attention, and be willing to work on them. Vulnerability and humility are often touted as detrimental traits. This unit will challenge that thinking! This unit will challenge that thinking! We will focus on the following:

- The Courage to Be Kind
- Embrace Humility
- Vulnerability as a sign of Courage

Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
Lesson 1 Have You Ever?	<ul style="list-style-type: none"> Explore the connection between courage and vulnerability. Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward. 	<ul style="list-style-type: none"> Projector or SmartBoard to show pictures to class (can also print them out if utilizing technology is not possible) 	<p><u>Small Group</u>-Courage to Me</p> <p><u>Partner</u>- Celebrate Courageous Moments</p> <p><u>Individual</u>- Overcoming Fears</p> <p><u>Technology Focus</u>- Cyberbullying Red Flags</p>
Lesson 2 One of a Kind	<ul style="list-style-type: none"> Practice using courage to embrace differences among peers. Apply courageousness to a variety of situations in group and individual settings. 	<ul style="list-style-type: none"> Index cards 3-5 Ink pads Writing utensils 3-5 Magnifying glasses (optional) 	<p><u>Small Group</u>- In the Middle</p> <p><u>Partner</u>- Did You Know?</p> <p><u>Individual</u>- This is Me!</p> <p><u>Technology Focus</u>- Online Vulnerability T-Chart</p>
Lesson 3 Class Humility	<ul style="list-style-type: none"> Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations. Practice using courage and humility at school and at home. 	<ul style="list-style-type: none"> Poster board Sharpies 	<p><u>Small Group</u>- Humble Acts</p> <p><u>Partner</u>- Humility Bingo</p> <p><u>Individual</u>- Humble Observations</p> <p><u>Technology Focus</u>- Humble Challenge</p>
Lesson 4 Build Me Up!	<ul style="list-style-type: none"> Explore the connection between courage and kindness. Practice using courage and kindness at school and at home. 	<ul style="list-style-type: none"> Index Cards Pencils 	<p><u>Small Group</u>- Kindness Attributes</p> <p><u>Partner</u>- Kindness Contract</p> <p><u>Individual</u>- Self-Talk Cards</p> <p><u>Technology Focus</u>- Words Have Power</p>

Unit Project

Project Title	Project Overview	Materials Required
Random Acts of Kindness Photo Collage	In groups, students will work together to complete random acts of kindness via a scavenger hunt, documenting their adventures in a photo collage. Twist- no faces allowed!	<ul style="list-style-type: none"><input type="checkbox"/> Basic art supplies<input type="checkbox"/> Poster boards for each group<input type="checkbox"/> Magazines<input type="checkbox"/> 1 smartphone or camera for each group (optional; you can use magazines to illustrate RAKs if there are media restrictions)<input type="checkbox"/> Tape/Tacks to hang finished photo collages