

# Caring



**Sub-Concepts Covered: Gratitude, Compassion, 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 fine tuning their ability to find a balance between growing up and embracing kindness. Encourage the necessity of self-care as a required stepping block in the process of practicing caring, compassion, and empathy for others.

## Unit Objective

Students will:

- Utilize self-care tools and methods to increase their own self-respect.
- Examine their current life situation and highlight areas of gratitude, no matter how small.
- Practice demonstrating genuine empathy and compassion for others within their own community.

## 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
- Finding Gratitude Day to Day
- Expressing Empathy

## Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
<b>Lesson 1</b> 20 Questions	<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"/> Buzzer (or other signaling item) for each group</li> <li><input type="checkbox"/> Pencils</li> <li><input type="checkbox"/> Index cards</li> </ul>	<p><u>Small Group</u>- Home vs. School</p> <p><u>Partners</u>- Improving Self-Care</p> <p><u>Individual</u>- Self-Care Examination</p> <p><u>Technology Focus</u>- Digital Time Tracker</p>
<b>Lesson 2</b> School 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 throughout their day.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Large butcher paper</li> <li><input type="checkbox"/> Basic art supplies</li> <li><input type="checkbox"/> Tape</li> </ul>	<p><u>Small Group</u>- Gratitude for Country</p> <p><u>Partners</u>- Thank You Cards</p> <p><u>Individual</u>- Stretching Your Gratitude</p> <p><u>Technology Focus</u>- Technological Help</p>
<b>Lesson 3</b> In My Place	<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>- Role Plays</p> <p><u>Partners</u>- Common Struggles</p> <p><u>Individual</u>- Listen Up!</p> <p><u>Technology Focus</u>- Empathy and Technology Use</p>
<b>Lesson 4</b> Empathy + Compassion	<ul style="list-style-type: none"> <li>Explore the need for a combined approach of both compassion and empathy when helping others.</li> <li>Examine common assumptions when analyzing situations using only surface level approaches.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Projector for pictures</li> <li><input type="checkbox"/> Pictures (see lesson)</li> </ul>	<p><u>Small Group</u>- Compassion Analysis</p> <p><u>Partners</u>- Compassion Haiku</p> <p><u>Individual</u>- Sharing Compassion</p> <p><u>Technology Focus</u>- Movie Analysis</p>

## Unit Project

Project Title	Project Overview	Materials Required
Caring for Me	The class will focus on self-care and the impact it has on our lives. Students will be tracking sleep, mood, and productivity levels to see how self-care affects them long term.	<ul style="list-style-type: none"><li><input type="checkbox"/> Tracking form (one for each student)</li><li><input type="checkbox"/> Blank graph paper</li><li><input type="checkbox"/> Rulers</li><li><input type="checkbox"/> Green, blue, and red colored pencils</li><li><input type="checkbox"/> Computer</li><li><input type="checkbox"/> Software to create handouts (optional, as this can be done through basic art if needed)</li><li><input type="checkbox"/> Basic art supplies</li></ul>