

Courage



Our Young Kindness in the Classroom lessons teach kindness skills through a combination of literacy, math and science, citizenship, and music/movement activities that allow our youngest students a chance to explore difficult abstract concepts through a variety of concrete opportunities.

This unit is the final of our six-unit series, which lasts six months. If your school operates year-round, this cycle can be used during the second half of the year for your younger 3-5 year old class. In addition, this cycle can be used at the beginning of the year for your older 4-6 year old group. The focus at this young age is exposure to the connection between courage and kindness. Every cycle also ends in unison in the final lesson by completing a fun Random Act of Kindness.

Overview of Courage Unit

This packet contains everything you will need to complete this four-week unit. This is broken down into three core components:

- **Unit Overview** This includes a snapshot of everything covered in the following 4 learning domains:
 - **Literacy** There are 4 read-alouds PLUS activities and printables
 - **Math/Science** Counting, Patterns, Experiments, etc.
 - **Citizenship/Social Studies** Our themed RAK character will take students through community-based COURAGE activities
 - **Music & Movement** Rhymes, fingerplays, chants, etc. to reinforce COURAGE
 - ONE **PROJECT** IS ALSO INCLUDED EACH WEEK!

- **Weekly Plans** Each week includes all four domains and covers the following themes:
 - Week 1: **Courage, Kindness**
 - Week 2: **Courage, Bullying Kindness**
 - Week 3: **Courage, Kindness**
 - Week 4: **Courage, Kindness**

- **Printables** Each learning domain includes at least one printable to help reinforce the concept and practice basic fine and gross motor skills. The COURAGE unit includes the following:
 - K is for KINDNESS coloring sheet (**Literacy**)
 - AABB Pattern Matching (**Math**)
 - Kindness Links (**Citizenship**)
 - Clap and Move (**Music & Movement**)
 - **And more..!**

Courage

RAK Concept: COURAGE	Read Aloud/ Literacy	Math/Science	Social Studies/ Citizenship RAK ANIMAL Camilla the Courageous Pig	Music & Movement
Week 1 <i>Themes:</i> Courage, Kindness PROJECT- <i>Music Shakers</i>	<i>Giraffes Can't Dance</i> by Giles Andreae and Guy Parker-Rees https://youtu.be/o0ww_eS8P-tY	Copy the Beats	Camilla gets stage fright during her dance solo.	Freeze Dance
Week 2 <i>Themes:</i> Courage, Kindness PROJECT- <i>Friendship Links</i>	<i>How Do Dinosaurs Stay Friends?</i> by Jane Yolen https://www.youtube.com/watch?v=jyaXjZFKFHw	Find a Friend Matchup	Camilla fixes a friendship after a fight.	The More We Get Together Song
Week 3 <i>Themes:</i> Courage, Bullying, Kindness PROJECT: <i>Kindness in Nature Scavenger Hunt</i>	<i>The Pout-Pout Fish and the Bully-Bully Shark</i> by Deborah Diesen https://youtu.be/Dq-IR8XgCc0	AABB Fish/SHark Patterns Worksheet	Camilla is kind to a bully at the park.	Clap and Move
Week 4 <i>Themes:</i> Courage, Kindness PROJECT: <i>Random Acts of Kindness</i>	<i>KIND</i> by Alison Green https://youtu.be/tqKwS6lC8zE	Kindness Jar	Camilla does random acts of kindness at school.	Friend of Mine Song

Courage Week 1

Theme: Courage, Kindness

Book of the Week: *Giraffes Can't Dance* by Giles Andreae and Guy Parker-Rees

Materials: Book of The Week, basic art supplies, paper plates, stapler, beans (or other small, dry, edible food)

Literacy



Share

Read *Giraffes Can't Dance* by Giles Andreae and Guy Parker-Rees

Read Aloud Link: <https://youtu.be/o0wweS8P-tY>

Together, discuss the fear the giraffe had in the book. What is something you were scared of but used courage to overcome?

Math & Science



Inspire

COPY THE BEATS- Have students sit in a circle. Explain that the class will play a rhythm game. You will play a beat that includes CLAPS and RESTS. Show the first beat- CLAP, REST (put hands on lap for REST). CLAP, REST, CLAP, REST. Students repeat. After they understand, present a variety of beats to copy. (CLAP, CLAP, REST; CLAP, REST, REST, CLAP; etc.)

Citizenship & Social Studies



Empower

Introduce CAMILLA the COURAGEOUS Pig. Camilla is always brave when facing something new or difficult. Camilla always has the courage to choose kindness in everything she does. Camilla will follow us this entire month. Whenever we see CAMILLA (choose a PIG that will become Courageous Camilla) we think COURAGE. Camilla has courage and you do too! **Read WEEK 1 of the COURAGEOUS CAMILLA script at the end of this unit.**

Music & Movement



Reflect

Using the Sing-Along sheet at the end of the unit, chant the following:

FREEZE DANCE

by The Genius of Play

Overview: This game can be played indoors or outdoors. Access to music (can also be teacher singing) necessary. Allow 5-7 minutes. Students dance with a partner until the music stops.

1. **Have each student find a dance partner.**
2. **Explain that they will dance whenever they hear the music.**
3. **When the music stops, they must FREEZE.**
4. **If they do not freeze, they are out and must sit down away from other dancers.**
5. **Repeat until only 2-3 pairs are left.**
6. **Choose new partners and start again!**

OPTIONAL PROJECT



Project

Create personal music makers. Provide each student with a paper plate. Have them decorate it. Next, fold it in half and staple most of it shut, allowing a small opening. Have students fill their shakers with 10-20 beans. Staple it closed and repeat the COPY THE BEATS activity using your shakers!

Courage Week 2

Theme: Courage, Kindness

Book of the Week: *How Do Dinosaurs Stay Friends?* By Jane Yolen

Materials: Book of The Week, art supplies, construction paper strips, stapler

Literacy



Share

Read *How Do Dinosaurs Stay Friends?* By Jane Yolen

Read Aloud Link: <https://www.youtube.com/watch?v=jyaXjZFKFHw>

Together, discuss how the dinosaurs were able to use courage to end their fight and become friends again. What might have happened if they did all those mean things instead?

Math & Science



Inspire

FIND A FRIEND MATCHUP The dinosaurs work hard to find friendship again. Let's work to find others in this game! Have students spread out around the room. The teacher completes the following statement, "Find a friend that _____ (has on the same color shirt, has the same hair, likes the same game as you, etc.). Students then find one other person that matches with them. Repeat 5-7 times. Each round students must find a different friend!

Citizenship & Social Studies



Empower

Courageous Camilla is back! Camilla is always brave when facing something new or difficult. Camilla always has the courage to choose kindness in everything she does. This week Camilla works to fix a friendship after a fight. How can you use kindness when apologizing? **Read WEEK 2 of the COURAGEOUS CAMILLA script at the end of this unit.**

Music & Movement



Reflect

Using the Sing-Along sheet at the end of the unit, chant the following:

The More We Get Together

by Anonymous

Sung to: "Did You Ever See a Lassie?"

The more we get together, together, together

(hold hands with your neighbor)

The more we get together, the happier we'll be.

(Smile at each other)

For your friends are my friends,

(Find a new friend and hold their hand)

And my friends are your friends,

(Find another friend and hold their hand)

The more we get together, the happier we'll be.

(Smile at each other)

OPTIONAL PROJECT



Project

Friendship Links! Using construction paper strips, have students write/copy their names and decorate a strip. Use a stapler to link all the strips together and hang it up. Everyone in our class is a potential friend!

Courage Week 3

Theme: Courage, Bullying, Kindness

Book of the Week: *The Pout-Pout Fish and the Bully-Bully Shark* by Deborah Diesen

Materials: Book of The Week, AABB patterns worksheet, crayons, Kindness in Nature Scavenger Hunt printable

Literacy



Share

Read *The Pout-Pout Fish and the Bully-Bully Shark* by Deborah Diesen

Read Aloud Link: <https://youtu.be/Dq-IR8XgCc0>

As a class, discuss how the pout-pout fish felt each time the bully-bully shark showed up. Why was he afraid to face the bully? How did he use courage and kindness to stop the bully?

Math & Science



Inspire

AABB Pattern Worksheet- Using the printable below, have students complete the AABB pattern which mirrors the names of the fish and shark in the book (Pout-Pout, Bully-Bully).

Citizenship & Social Studies



Empower

COURAGEOUS CAMILLA is helping a park bully!! Camilla is always brave when facing something new or difficult. Camilla always has the courage to choose kindness in everything she does. Let's find out how Camilla uses COURAGE this week! **Read WEEK 3 of the COURAGEOUS CAMILLA script located at the end of this unit.**

Music & Movement



Reflect

Using the fingerplay sheet at the end of the unit, chant the following:

Clap and Move by Playworks

Overview: This game can be played indoors or outdoors. No materials needed. Allow 7-10 minutes. Students listen for a signal and then respond with the correct action.

1. **Create a signal that means "Walk to the other side of the room".** Example: Teacher Claps 3 times.
2. **Practice the signal with the class, mixing it up with wrong signals** (like clapping once, 5 times, etc.)
3. **Play Round 1! Students can only walk when they hear the 3-clap signal.** If they move on the wrong signal, they go back to the beginning.
4. **Change the action!** Now, Clapping 3 times means "Hop to the other side of the room."
5. **Continue playing, changing the action after each round.** Other ideas include skipping, galloping, etc.

OPTIONAL PROJECT



Project

KINDNESS in Nature Scavenger Hunt. Using the scavenger hunt chart printable below, head outside and see how many nature items you can find that need kindness to grow. Take a picture (or gather a sample) and put it on the chart. We must choose kindness towards plants and animals too!

Courage Week 4

Theme: Courage, Random Acts of Kindness

Book of the Week: *KIND* by Alison Green

Materials:

Book of The Week, Mason Jar (or other clear jar), marbles (or other small counters), chalk (may vary, see project)

Literacy



Share

Read *KIND* by Alison Green

Read Aloud Link: <https://youtu.be/tqKwS6lC8zE>

Together, review all the different examples of courage and kindness shown in the book. Next, make a list of all the ways you can be kind at home.

Math & Science



Inspire

KINDNESS JAR Have everyone sit in a circle. Give each student and teacher 1-3 marbles. Explain that the jar needs to be filled with kindness, just like in our story. Starting with a teacher, have each person state a kind act from the story (or their own lives, or something they have seen, etc.) as they place a marble in the jar. Repeat until all the marbles are gone. Repeat this activity at the end of each day if desired using the prompt, "What kindness did you see or do today?"

Citizenship & Social Studies



Empower

Talk with CAMILLA the COURAGEOUS Pig about how much your class has learned about courage. Whenever we see CAMILLA we think COURAGE. Even though this is our last week on Courage, Camilla will stay with us this year to remind us to always choose courage by being kind to ourselves and others. **Read Part 4 of the COURAGEOUS script at the end of this unit.**

Music & Movement



Reflect

Using the Sing-Along sheet at the end of the unit, chant the following:

Friend of Mine

by Anonymous

Sung to: " Mary Had A Little Lamb"

The teacher starts this song as the leader

**Will you be a friend of mine,
Friend of mine, friend of mine?**

**Will you be a friend of mine
and (choose an action) around with me?**

After the teacher finishes, the student next to them repeats the song and chooses a different action.
Repeat until every student has had a chance to be the leader.

OPTIONAL PROJECT



Project

RAKs 'Random Acts of Kindness' (Or RAKs) are where you do kind things for others for no reason. It can be big things or little things. Students will work together to do an unexpected act of kindness at school. Your class can choose anything. One idea is to draw smiley faces in chalk on the sidewalk. Anything goes!

Courageous Camilla Script- WEEK 1

Meet Camilla she is a 4-year-old pig that is part of our RAK family! Camilla always shows courage with her kind words and actions. Camilla will follow us this entire month. Whenever we see CAMILLA (Show pig), we think about COURAGE. Camilla is courageous. Courageous Camilla loves to try new things, overcome her fears, and help others feel brave and courageous too! Sometimes Camilla feels scared when she starts something new, but that doesn't stop her from trying! Today is her big solo dance, which means she must dance all by herself on stage. She has practiced every day, but today she feels scared. At first, Camilla stands quietly and doesn't really know what to do. Her teacher sees that she is feeling a little scared so she comes next to Camilla and starts doing the dance. Camilla smiles and feels brave. She remembers everything now! Her teacher leaves the stage and Camilla dances her solo all by herself. Camilla uses COURAGE to overcome her fears. What can you do when you are alone and feel scared?



Courageous Camilla Script- WEEK 2

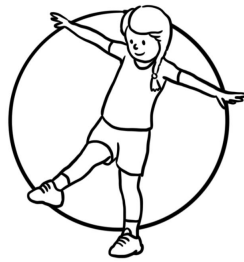
Camilla is back! Who remembers COURAGEOUS CAMILLA? Camilla is courageous. Courageous Camilla loves to try new things, overcome her fears, and help others feel brave and courageous too! One day Camilla is at school with her friends. She and Chloe have a huge fight about who can be the leader in their Follow the Leader game. Camilla crosses her arms, sticks her tongue out, and walks away from Chloe. Chloe yells as she walks away. Camilla feels terrible and really wants to be friends with Chloe. However, she knows she needs to find the COURAGE to apologize and make things right. She decides to talk to Chloe after lunch to fix their friendship. "Chloe I'm sorry I stuck my tongue out. That wasn't caring or respectful. Let's take turns being the leader this time!" Camilla says. Chloe immediately jumps up and down. "That's a great idea, Camilla. I'm sorry for yelling. Friends forever?" she asks. "Of course!" Camilla answers. Camilla found COURAGE to fix her friendship. How can you use COURAGE and kindness when you fight with a friend?

Courageous Camilla Script- WEEK 3

Camilla is at the park today. Let's see what COURAGEOUS CAMILLA is doing this time. She is playing on the soccer field. A bigger, older child keeps stealing her ball. Camilla is feeling very upset, but knows that kindness is always the best and most courageous choice with bullies. Camilla asks the bully to stop knocking over her buildings. She then invites him to play with her. "I see that you keep stealing my ball. Do you want to play a game TOGETHER instead?" she asks. The bully thinks about it. He kicks the ball back to her. She smiles and thanks him. They spend the rest of the morning playing soccer on the field. COURAGEOUS CAMILLA stood up to the bully with kindness. What else could she have said? Have you ever used COURAGE to stand up to a bully? What happened?

Courageous Camilla Script- WEEK 4

Camilla is at school this week. She learned all about the COURAGE it takes to be KIND. Her teacher told the class about 'Random Acts of Kindness' (Or RAKs) where you do kind things for others for no reason. It can be big things or little things. Camilla decides to do some RAKs at school for her classmates. She looks around and sees blocks left out in the building center. She decides to put them back on the shelves, even though no one asks her to. Her teacher comes a little later and sees the RAK of all the blocks put away on the shelves "Wow, what a nice surprise!" he says as he moves on to help others clean up the kitchen area. Camilla doesn't say anything, but just smiles. Next, during lunchtime, she volunteers to help pass out the plates instead of playing at recess. "This will help the cook and my friends can play longer!" she thinks. She passes out all the plates carefully, putting them on the placemats with pride. After recess, the other students come in and find their plates already laid out. "Wow! Now lunch can be served even faster," says the teacher. Camilla again just smiles as she sits down at the table. What else could Camilla do for her class? What RAKs can you do at your school to spread kindness to others?



FREEZE DANCE

by The Genius of Play

Overview: This game can be played indoors or outdoors. Access to music (can also be teacher singing) necessary. Allow 5-7 minutes. Students dance with a partner until music stops.

- 1. Have each student find a dance partner.**
- 2. Explain that they will dance whenever they hear the music.**
- 3. When the music stops, they must FREEZE.**
- 4. If they do not freeze, they are out and must sit down away from other dancers.**
- 5. Repeat until only 2-3 pairs are left.**
- 6. Choose new partners and start again!**



The More We Get Together

by Anonymous

Sung to: "Did You Ever See a Lassie?"

The more we get together, together, together
(hold hands with your neighbor)

The more we get together, the happier we'll be.
(Smile at each other)

For your friends are my friends,
(Find a new friend and hold their hand)

And my friends are your friends,
(Find another friend and hold their hand)

The more we get together, the happier we'll be.
(Smile at each other)

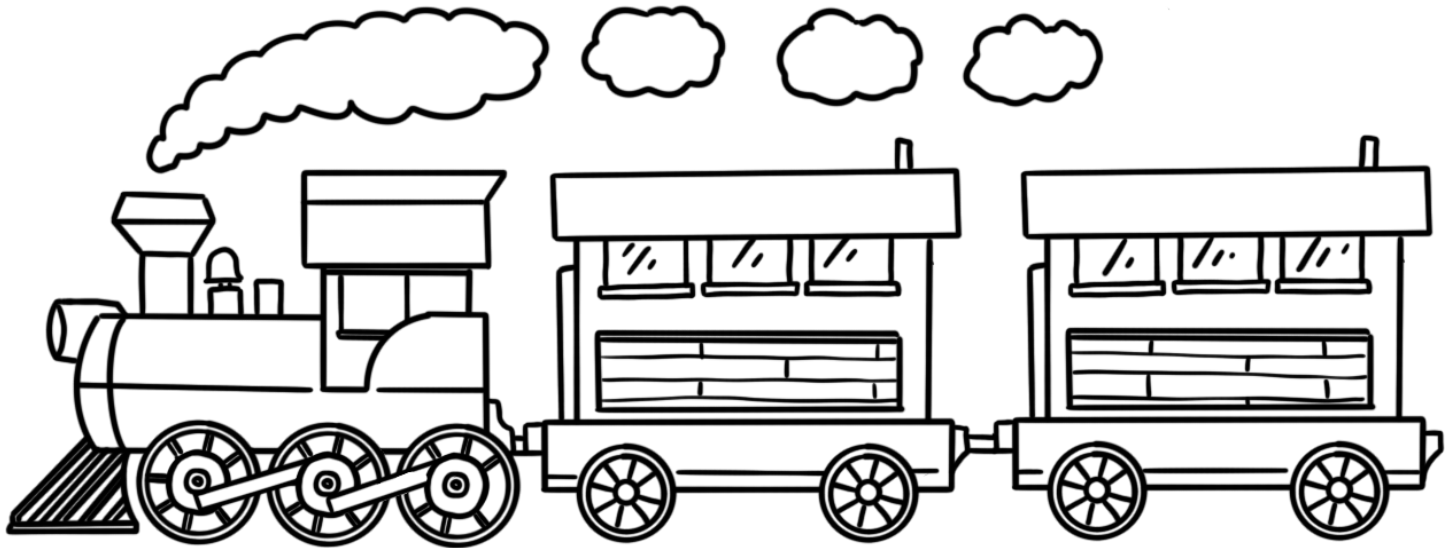


Clap and Move by Playworks

Overview: This game can be played indoors or outdoors. No materials needed. Allow 7-10 minutes. Students listen for a signal and then respond with the correct action.






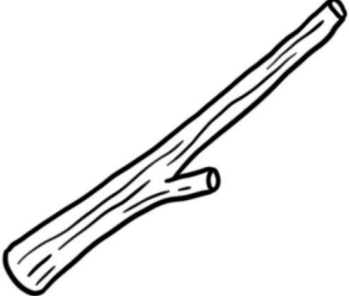

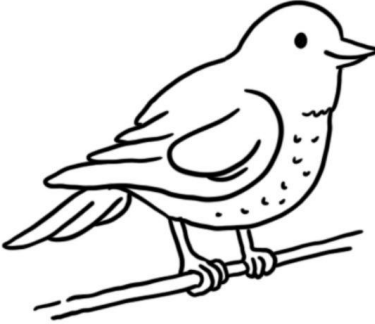
- 1. Create a signal that means “Walk to the other side of the room”.** Example: Teacher Claps 3 times.
- 2. Practice the signal with the class, mixing it up with wrong signals** (like clapping once, 5 times, etc.)
- 3. Play Round 1! Students can only walk when they hear the 3-clap signal.** If they move on the wrong signal, they go back to the beginning.
- 4. Change the action!** Now, Clapping 3 times means “Hop to the other side of the room.”
- 5. Continue playing, changing the action after each round.** Other ideas include skipping, galloping, etc.

Directions: Have students color each AABB train, choosing the correct extending sequence based on the color pattern presented.



Red	Red	Green	Green	Red	Red	
Blue	Blue	Red	Red	Blue	Blue	
Yellow	Yellow	Blue	Blue	Yellow		
Green	Green	Yellow	Yellow	Green		

Directions: Go outside and look for plants and animals that need our kindness! Gather items (or color the image in the correct square). Can you find them all? Can you add one of your own in the blank square?

 <p>Leaf</p>	 <p>Tree</p>	 <p>Plant Pot</p>
 <p>Acorn or Nut</p>	 <p>Flower</p>	 <p>Stick</p>
 <p>Squirrel</p>	 <p>Bird</p>	



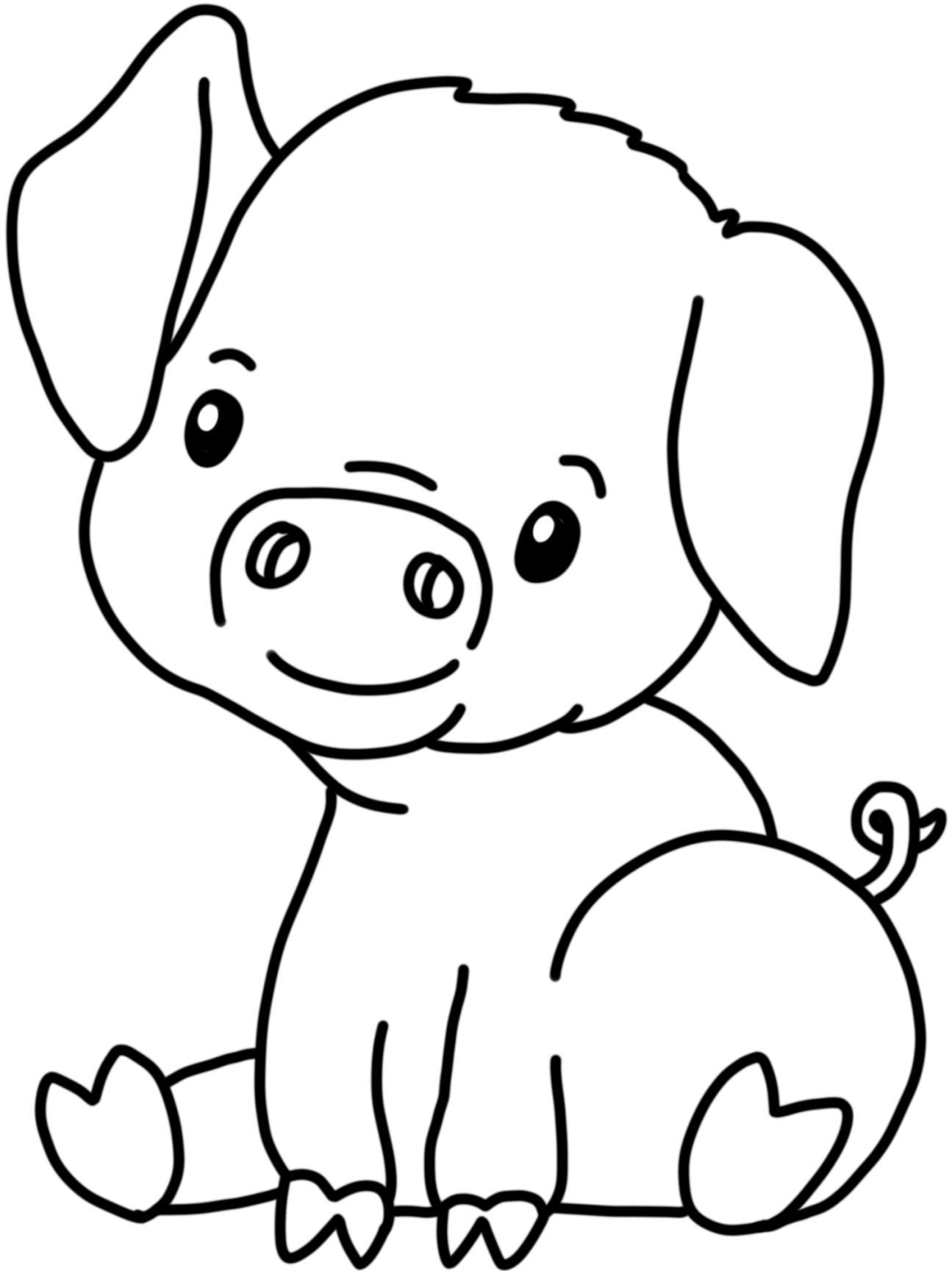
**Friend of Mine
by Anonymous
Sung to: " Mary Had A Little Lamb"**

The teacher starts this song as the leader

**Will you be a friend of mine,
Friend of mine, friend of mine?
Will you be a friend of mine
and (choose an action) around with me?**

After the teacher finishes, the student next to them repeats the song and chooses a different action.

Repeat until every student has had a chance to be the leader.



C is for Courage