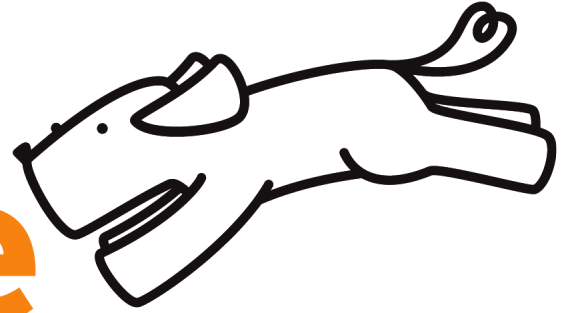


Courage



Sub-Concepts Covered: Humility, Vulnerability, 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 8th grade and prepare to send your students out into the world for a much deserved break and ultimately into high school, your class will expand on the concept of courage and how it connects to humility, vulnerability and ultimately kindness. For many students this continues to be a difficult if not an altogether 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:

- Identify personal examples that promote the use of humility as a courageous tool to treat others with kindness.
- Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.
- Provide examples of how vulnerability and courage are connected.

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! We will focus on the following:

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

Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
Lesson 1 Identity Round Robin	<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"> No materials are required for this lesson 	<p><u>Small Group</u>- Staying True to YOU</p> <p><u>Partners</u>- Hidden Talents</p> <p><u>Individual</u>- Facing Fears</p> <p><u>Technology Focus</u>- Personal Avatar</p>
Lesson 2 What Makes an Awesome Leader?	<ul style="list-style-type: none"> Examine the concept of a leader and how it applies to themselves and their abilities. Apply courageousness to a variety of situations in group and individual settings. 	<ul style="list-style-type: none"> Index cards Pencils Projector or smartboard for video Internet connection- https://www.youtube.com/watch?v=tgF1Enrgo2g 	<p><u>Small Group</u>- Leader Attributes</p> <p><u>Partners</u>- Lead The Way</p> <p><u>Individual</u>- I am a Leader!</p> <p><u>Technology Focus</u>- Leading With Technology</p>
Lesson 3 The "HumbleBrag"	<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"> Paper Pencils 	<p><u>Small Group</u>- Exhibiting Humility</p> <p><u>Partners</u>- What Does Humility Look Like?</p> <p><u>Individual</u>- Increasing in Humility</p> <p><u>Technology Focus</u>- Creating a Humble Post</p>
Lesson 4 Culture of Kindness	<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"> No materials are required for this lesson 	<p><u>Small Group</u>- Compliment Cards</p> <p><u>Partners</u>- Kindness When Struggling</p> <p><u>Individual</u>- Kindness at Home</p> <p><u>Technology Focus</u>- Good News!</p>

Unit Project

Project Title	Project Overview	Materials Required
Kindness Bombs	The class will create a plan to shower the school community with kindness bombs.	☐ Materials will vary depending on the kindness activities chosen