



Responsibility

Sub-Concepts Covered: Self-discipline, 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 fifth unit of the *Kindness in the Classroom* curriculum. You have made it through over 75% of the curriculum - congrats! In this Unit, students are focusing on accepting responsibility in a variety of settings and diving deeper into what it takes to truly be responsible through understanding where responsibilities come from and what to do if they conflict. At this point in the year, it is also important to allow students to transition towards owning their decisions and the consequences that come with them.

Unit Objective

Students will:

- Practice strategies to improve their self-discipline.
- Understand the various sources of responsibility.
- Evaluate how to make a decision when there is conflict in responsibilities.

Student Introduction

Responsibility—this word is not new to any of us at this point. Every single one of you is responsible in some capacity for getting up, getting ready, and getting to school with minimal reminders. You have expectations both at home and at school and often times, your responsibilities may seem more like a burden than a gift. This unit will challenge you to take a second look at this word and how it applies to your life. You might just be surprised to find some benefits within all those responsibilities. We will be focusing on the following:

- Increasing Personal Responsibilities
- Sources of Responsibility
- Conflict in Responsibility

Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
Lesson 1 Building Self-Discipline	<ul style="list-style-type: none"> Understand the role self-discipline plays in being responsible. Practice strategies to improve their self-discipline. 	<ul style="list-style-type: none"> Journal/note-taking materials 	<p><u>Small Group</u>- Building Self-Discipline - Scenarios</p> <p><u>Partners</u>- Why Do We Give Up?</p> <p><u>Individual</u>- My Self-Discipline Strategy</p> <p><u>Technology Focus</u>- Technology and Self-Discipline</p>
Lesson 2 Sources of Responsibility	<ul style="list-style-type: none"> Understand the various sources of responsibility. Categorize different responsibilities. 	<ul style="list-style-type: none"> Whiteboard or smartboard for taking notes as a class 	<p><u>Small Group</u>- What are the Responsibilities?</p> <p><u>Partners</u>- What Kinds of Responsibilities Do We Have?</p> <p><u>Individual</u>- My Favorite Responsibilities</p> <p><u>Technology Focus</u>- Using Tech to Be More Responsible</p>
Lesson 3 Conflicts in Responsibility	<ul style="list-style-type: none"> Identify two types of conflict of responsibility. Evaluate how to make a decision when there is conflict in responsibilities. 	<ul style="list-style-type: none"> Whiteboard for designating the conflict type sections (if using large motor movements) 	<p><u>Small Group</u>- Pros and Cons</p> <p><u>Partners</u>- Prioritizing our Responsibilities</p> <p><u>Individual</u>- My Most Important Responsibilities</p> <p><u>Technology Focus</u>- Conflicting Tech Responsibilities</p>
Lesson 4 Shifting Responsibility	<ul style="list-style-type: none"> Examine how their responsibilities have shifted over time and will continue to shift. Consider how to manage the increased stress and pressure that comes with increase in responsibility. 	<ul style="list-style-type: none"> Large sticky notes or other note taking paper 	<p><u>Small Group</u>- Who Supports Me</p> <p><u>Partners</u>- Keep Calm and Responsibility On</p> <p><u>Individual</u>- My Personal Planner</p> <p><u>Technology Focus</u>- Shifting Responsibility with Technology</p>

Unit Project

Project Title	Project Overview	Materials Required
Responsibility Guidebook	The class will create a guidebook for younger students to help them navigate the responsibilities of 8th graders or of middle-schoolers in general.	<ul style="list-style-type: none"><input type="checkbox"/> Brainstorming paper<input type="checkbox"/> White drawing or printer paper<input type="checkbox"/> Art/drawing supplies<input type="checkbox"/> Newspapers/magazines - if students want to cut out pictures or make a collage to represent their topic.