

6th - 8th Grade

## Quick Start Guide: How to Teach Kindness in the Classroom®

Thank you for choosing *Kindness in the Classroom* as your Tier 1 evidence-based social emotional learning curriculum! We are excited to walk with you on your ongoing kindness journey. Below is a simple tutorial on how to use this curriculum in your 6th-8th grade classroom.

### Overview

Kindness in the Classroom is a yearlong curriculum that covers six kindness concepts. Each concept is explored in a six-week format, with 4 weeks of lessons and 2 weeks of projects.

The curriculum is written with a consistent **framework** in mind that is explained [here](#).

The first thing educators will see when they look at a lesson is a **self-care section**. We believe in taking care of yourself first so you can be the best teacher to your students!

Each unit includes a **unit introduction** to help you understand the objectives, individual lesson and project objectives and the materials needed for each lesson/project. It is a snapshot of what you'll be teaching and learning in each unit.

In addition, the units include a **family letter** outlining what their child will be learning.

All of our [training materials](#) are also offered completely free of charge and are available online for download. We encourage you to take a look and train your whole school or district!

### What This Looks Like in the Classroom

The six concepts are divided into six units that span the year. Each unit includes main lessons, mini lessons, and a two-week project. The main lessons are approximately 30 minutes in length. Mini lessons to allow additional exploration within the concept in a variety of ways including work in small groups, with partners, individually, and with a technology focus. They are approximately 15 minutes in length.

The following is an example of a simple weekly plan:

Monday	Tuesday	Wednesday	Thursday	Friday
30 minute Main Lesson	15 minute Mini Lesson: Large Group Focus	15 minute Mini Lesson: Small Group Focus	15 minute Mini Lesson: Individual Focus	15 minute Mini Lesson: Technology Focus