



The Kindness in the Classroom (KiC) curriculum is a Tier 1 evidenced-based social emotional learning curriculum designed to help schools create a culture of kindness.



CASEL select program

Curriculum Highlights

- ✓ **100% FREE!**
 There is never a charge for anything we offer.
- ✓ **KINDNESS IS THE FOUNDATION**
 The curriculum goes beyond skill acquisition giving students an opportunity to be inspired, feel empowered, act on what they've learned, then reflect on and share their experiences.
- ✓ **ALIGNED WITH STANDARDS**
 All of the lessons have been mapped to Common Core, CASEL, and National Health Education Standards.
- ✓ **A FOCUS ON SELF-CARE**
 Each lesson begins with a focus on teacher self-care.
- ✓ **STRONG EQUITY LENS**
 The KiC curriculum has been rated excellent by The Equity Project.
- ✓ **TEACHER APPROVED**
 Educator focus groups feedback helped guide the curriculum design.
- ✓ **DIGITAL CITIZENSHIP**
 Emphasis in grades 6-8 on students' connection and responsibility with technology.

Kindness Concepts

The Kindness in the Classroom lesson plans focus on six kindness concepts that teach kids important SEL skills.

Each concept is taught through discussion, fun games, activities, and home extension components.

- Respect
- Caring
- Inclusiveness
- Integrity
- Responsibility
- Courage

KINDNESS FRAMEWORK

The kindness framework is what we call the simple, five-step cycle each lesson uses to teach life-long kindness skills. Here's how it works.



Each of our lessons starts with a 'share' where the class can share what they've learned and experienced with others since the previous lesson.

Through various modalities, each kindness lesson is designed to inspire students and allow teachers to feel inspired as well!

The 'empower' step is for teachers to lead the class through discussions designed to empower students to find ways to be kind in their daily lives.

The opportunity to act exists throughout the lessons, but it really comes into play in the projects. Once students have the ideas and the tools, they put it all into action.

At the end of each lesson, teachers guide students to reflect on what they've just experienced and learned & identify how doing kindness affects their own lives and the lives of those around them.

FREE Training Available

Cultivating Resilience Through Kindness

The training is designed to focus the emotional wellness of staff through simple, tangible ways to build resilience, gratitude and kindness by re-connecting them to what they do best—teaching.

Download the training @ www.randomactsofkindness.org/for-educators/training

RANDOM ACTS OF KINDNESS FOUNDATION®

Download the curriculum @ www.randomactsofkindness.org/for-educators
 Join the conversation at @ www.facebook.com/groups/kindnessintheclassroom