

# Courage to Clean

This lesson will now invite students to think of ways to show courage by showing kindness and respect to their school environment.

## Kindness Concept(s)

Courage, Kindness, Inclusiveness, Fairness, Responsibility, Respect

## Lesson Timeframe

45 minutes

## Required Materials

- Courage through Kindness to the School, passes (attached)

## Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL  
AS A RECOMMENDED PROGRAM  
FOR SOCIAL AND EMOTIONAL LEARNING.**  
See last page for details.

## Lesson Objective

Students will:

- Discuss why taking care of our environment is actually a courageous act.
- Discuss ways to show courage toward our surrounding environment in particular ways.
- Show kindness to others through helping with specific tasks.

## Teacher Connection/Self-Care

The ultimate goal of every teacher is a kind and respectful class. When the environment in which we spend 8-10 hours a day naturally responds with kindness as a default, we are able to more easily teach the academic components required of us. As you head into the final few weeks and months of the school year, the positive environment you established at the beginning might be waning a bit as students get more antsy for summer vacation. Now is the perfect time for a kindness tune up, so to speak. Although you are bogged down with end of year testing, grades, and parties, taking a few moments at the beginning of each day with some focused kindness will do wonders for your classroom environment. One idea is to write a bunch of uplifting notes on index cards and have each child choose one from a bowl during your morning meeting. Have them read their kindness card aloud as they are excused to their desks. Not only will each child be encouraged, but you may find that kindness is contagious!

### Tips for Diverse Learners

- Pre-arrange groups so that varying levels of ability are represented; it would be better not to let close friends work together to give students an opportunity to be inclusive with dynamic group pairings.
- Make sure students are going to be tasked with jobs they can perform; clear this with the cooperating teachers/staff first.



## Share

5-7 minutes

*So far this year we have talked about a number of kindness superpowers. We reviewed them in the last lesson. Let's review them again. Who can remember some of the superpowers we've learned about this year?*

Respect, Caring, Inclusiveness, Fairness, Perseverance, and Responsibility.

*In the last lesson about courage, we talked about ways we can be courageous for others. What are some courageous things we can do for others?*

Invite student responses.

*Have you ever thought about the courage it takes to care for and show kindness to your stuff? It sounds kind of silly, right? I mean, it's just stuff. BUT! If you think about it, where did all this stuff come from? Look around our classroom. What do you see?*

Invite student response.

*What if someone came into our classroom and took away all our tables, chairs, and desks? How would that make your job as a student harder?*

*What if someone came into our classroom and took away the Smartboard/dry erase board/black board? How would that make my job as a teacher harder?*

*What if someone came and took all of our playground equipment away? Or all of the gym equipment was gone; no balls, no ropes, no scooters. How would that change recess for us?*



## Inspire

7-10 minutes

### **What is Courage?**

*Here is the point: We don't often think about all of the things we have here at school but it turns out all of those little things are really important! Our jobs as students and teachers would be a lot harder if we didn't have these things. So, it is our job to be responsible and to care for all the things that make our school special and make our jobs easier!*

*In this lesson, we are going to move on to the third type of courage that we talked about in lesson one: Courage through Kindness to our School.*

*Kindness to Environment (School): Our school is a terrific place to learn each day. Why? Because each one of us does our part to keep it safe, happy, and welcoming every day. Your courageous choice to show kindness in how you care for the school by treating our materials kindly, respecting our space, and being safe on the playground are all ways that help make our school the wonderful learning environment we have today!*

*Why do you think it takes courage to take care of our school and of all the things in it? Invite student responses.*

**RANDOM ACTS OF KINDNESS**  
FOUNDATION®

*That's right! Sometimes we may not think about the impact of our actions and it takes courage to look honestly at how we treat our school. It can also be hard to not do something careless when our friends are acting careless. It takes a lot of courage to do the right and responsible thing when it comes to taking care of our school. Just because we don't own these items, doesn't mean we don't have a responsibility to take care of them!*



## Empower

10-12 minutes

*As you know, the end of the school year means cleaning out a lot of things! We have to clean out our desks and our lockers, and we have to make sure all of the books and classroom supplies are checked back in and put away properly. Custodians also have to do a lot of cleaning and teachers have to do a lot of what we call inventorying. This means we have to count all of our books and classroom materials to make sure nothing is missing. Our librarian has to do this too! Everyone has a big job to make sure our school is in good shape to head into summer because we want it to be ready for us to come back again next fall.*

*We are going to show kindness to others and to our school by helping it get ready for summer break. We are going to spend some time helping different teachers get their rooms cleaned and organized. We will help out in the gym, in the art room, in the music room, in the library, and right here in our own classroom. (These are only suggestions; teachers should feel free to adjust these ideas; students can even focus solely on helping out in the second grade classroom itself. Specials teachers may not have one consistent group of students or "homeroom" group to assist with spring clean-up, so that is why those ideas were presented.)*

Classroom clean-up time should be pre-arranged with the other teachers and the duties should be suitable for students; organizing shelves, cleaning paint brushes, stacking paper, returning books to shelves, putting away music stands, etc., could all be suitable tasks. Tasks should be able to be completed in 15-20 minutes and may be scheduled at different times throughout the week. Students should work in small groups of 2-4, depending on how much work needs to be done.

Students should take their Courage through Kindness to the School pass with them for their cleaning session and have it signed when they return. Cooperating teachers should note the jobs completed and the time they left to return to the classroom.



## Reflect

5 minutes

At the end of the day, as their exit ticket, cleaning groups can share their experience and hand in their ticket before lining up to go home.



## Extension Ideas

- Students can practice presentation skills by sharing the tasks they did for their cooperating teacher.
- Invite students to create a Courage Through Kindness to My Home pass and spend 15 minutes helping out at home - especially when they haven't been asked! Have parents sign the pass and the kids return it for a prize or special treat.



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (**CASEL**) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

# PASS

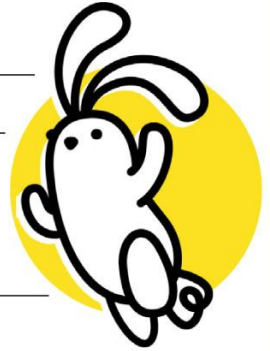
## COURAGE THROUGH KINDNESS TO THE SCHOOL

Tasks Completed

---

---

---



Teacher Name

Time Finished

Signed

# PASS

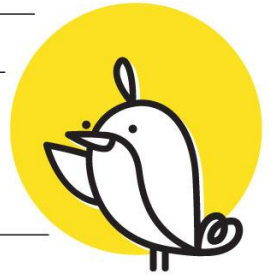
## COURAGE THROUGH KINDNESS TO THE SCHOOL

Tasks Completed

---

---

---



Teacher Name

Time Finished

Signed

# PASS

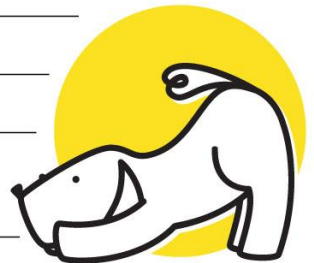
## COURAGE THROUGH KINDNESS TO THE SCHOOL

Tasks Completed

---

---

---



Teacher Name

Time Finished

Signed