

Kindergarten Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: Three Rules of Respect Lesson 2: How Big is Your Hula Hoop? Lesson 3: A Rainbow of Respect Lesson 4: A Class Full of Respect	<ul style="list-style-type: none"> Identify the concept of respect. Explain the three different types of respect (self, others, space) Gain experience in applying respect In a variety of contexts
Unit 2: Caring	Lesson 1: Remember to Care! Lesson 2: Tic-Tac-Toe Lesson 3: Get Well Soon Lesson 4: Tea Time	<ul style="list-style-type: none"> Define key kindness terms, including helpfulness, gratitude, and caring. Explain the connection between helpfulness and gratitude. Understand how empathy and compassion go together.
Unit 3: Inclusiveness	Lesson 1: "I am Special" Book Lesson 2: Get Ready to Race Lesson 3: Ask for Permission Lesson 4: The Power of Kind Words	<ul style="list-style-type: none"> Review the concepts of respect and caring. Explain what it means to include others. Explore what It means to be fair. Understand the connection between kindness and inclusiveness.
Unit 4: Integrity	Lesson 1: Honesty is the Best Policy Lesson 2: Our Honesty Handbook Lesson 3: Practice Makes Perfect! Lesson 4: Every Job Counts!	<ul style="list-style-type: none"> Review respect, caring, inclusiveness, and kindness. Define honesty and perseverance. Practice using kindness and respect to develop honest actions in difficult situations. Work as a team to persevere.
Unit 5: Responsibility	Lesson 1: My Space Lesson 2: The Domino Effect Lesson 3: Every Drop Counts! Lesson 4: Give Me Five!	<ul style="list-style-type: none"> Define responsibility and self-discipline through both actions and words. Identify how to show responsibility at home and school. Draw connections between self-discipline and responsibility as it applies to their daily lives.
Unit 6: Courage	Lesson 1: Affirmation Lesson 2: Kindness Lesson 3: Kindness Lesson 4: Random Acts of Kindness Bookmarks	<ul style="list-style-type: none"> Mobile Identify ways to show courage for ourselves and for others. Mail Practice random acts of kindness. Parade Discuss how it takes courage to be kind to others without recognition.

1st Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: Choosing Respect Lesson 2: How I Care for Me Lesson 3: Tower of Respect Lesson 4: How Full Is Your Bucket	<ul style="list-style-type: none"> Learn how to show respect to others both in the classroom and at home. Demonstrate how to use respectful communication with others. Work respectfully during both independent and work-related activities.
Unit 2: Caring	Lesson 1: My Happy Place Lesson 2: Gratitude Chains Lesson 3: A Bowl of Compassion Lesson 4: Graphing with Empathy	<ul style="list-style-type: none"> Define key kindness terms, including helpfulness, gratitude, and caring. Draw a connection between helpfulness and gratitude. Understand how empathy and compassion go together. Apply self-care thinking to their lives.
Unit 3: Inclusiveness	Lesson 1: Cooperative Musical Chairs Lesson 2: The Instrument Song Lesson 3: Odd One Out Lesson 4: Teamwork for the Win!	<ul style="list-style-type: none"> Review the concepts of respect and caring. Explain the difference between include and exclude. Explore how fairness is connected to inclusiveness. Understand the relationship between kindness and inclusiveness.
Unit 4: Integrity	Lesson 1: The Lie Snowball Lesson 2: An Honest Review Lesson 3: Perseverance Puzzles Lesson 4: A Community of Integrity	<ul style="list-style-type: none"> Review respect, caring, inclusiveness, and respect. Define honesty, dishonesty, and perseverance. Understand the concept of white lies and how they build on each other. Identify strategies that help people persevere through challenges. Introduce the concept of integrity.
Unit 5: Responsibility	Lesson 1: Clean Sweep Lesson 2: A Sandwich of Responsible Lesson 3: Environmentally Responsible Charades Lesson 4: Kindness Coupons!	<ul style="list-style-type: none"> Define responsibility and self-discipline through both actions and words. Identify how to show responsibility at home and school. Draw connections between self-discipline and responsibility as it applies to their daily lives. Explain how to make responsible choices in a variety of settings.
Unit 6: Courage	Lesson 1: My Kindness Treasure Box Lesson 2: Catch the Kindness Lesson 3: Safety First! Lesson 4: Random Acts of Kindness: Chalk Surprises	<ul style="list-style-type: none"> Identify ways to show courage for ourselves and for others. Practice random acts of kindness. Show courage by helping ourselves and others. Discuss how it takes courage to be kind to others without recognition.

2nd Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: The Ripples of Kindness Lesson 2: The Ripples of Respectful Listening Lesson 3: The Ripples of Respectful Communication Lesson 4: The Ripples of Respectful Teamwork	<ul style="list-style-type: none"> • Learn basic ways to show kindness and respect in the classroom and learning environments. • Identify key elements of respectful listening. • Build healthy communication skills to use during a disagreement. • Work effectively in teams.
Unit 2: Caring	Lesson 1: My Name Word Puzzle Lesson 2: Gratitude Scavenger Hunt Lesson 3: Compassion Connection: Everyday Emotions Lesson 4: Compassion Connection: The Path to Compassion	<ul style="list-style-type: none"> • Define key kindness terms, including gratitude, caring, and compassion. • Identify the connection between caring, kindness, and helpfulness. • Connect empathy and sympathy to compassion. • Apply self-care thinking to their lives.
Unit 3: Inclusiveness	Lesson 1: We are All Wonders! Lesson 2: We See! Lesson 3: Care + Share = Fair Lesson 4: Beyond Our Shells	<ul style="list-style-type: none"> • Review the concepts of respect and caring. • Discuss what makes two things the same and what makes them different. • Understand the difference between include and exclude. • Explore how fairness contributes to inclusiveness. • Evaluate the connection between kindness and inclusiveness.
Unit 4: Integrity	Lesson 1: Pennies of Honesty Lesson 2: Integrity with Tech Lesson 3: What Would You Do? Lesson 4: Look for the Helpers	<ul style="list-style-type: none"> • Review the primary themes from previous units: caring, kindness, inclusiveness, and fairness. • Define honesty, dishonesty, and reputation. • Utilize caring and kindness to develop honest alternatives to deceptive actions. • Identify strategies that help people persevere through challenges. • Work as a team.
Unit 5: Responsibility	Lesson 1: My Body Habitat Lesson 2: Our Shared Habitats Lesson 3: Habitats in Nature: The Impact of the Beaver Lesson 4: One Bag, One Bracelet	<ul style="list-style-type: none"> • Explore how we can make responsible decisions regarding our own bodies and minds. • Explore how we can make responsible decisions regarding our shared spaces with others. • Explore how we can make responsible decisions regarding the environment. • Evaluate how different decisions impact habitat, especially the environment. • Discuss the impact of responsible decision-making on quality of life and habitat.
Unit 6: Courage	Lesson 1: I Believe In Super ME! Lesson 2: I Do / They Feel Lesson 3: Courage to Clean Lesson 4: Random Acts of Kindness: Desk Notes	<ul style="list-style-type: none"> • Identify things they can do to show courage for themselves and for others. • Identify the likely outcome for others by choosing a courageous act. • Show courage by helping ourselves and others. • Discuss how it takes courage to be kind to others without recognition.

3rd Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: Respect Fortune Tellers Lesson 2: Treat Me with Kindness Lesson 3: Time Out! Lesson 4: Building a Respectful Community	<ul style="list-style-type: none"> Learn how to show respect to others both in the classroom and at home. Demonstrate how to use respectful communication with others. Work respectfully during both independent and work-related activities.
Unit 2: Caring	Lesson 1: My Affirmation Stone Lesson 2: Caring Comic Lesson 3: Compassion Role Plays Lesson 4: Empathy through the Senses	<ul style="list-style-type: none"> Define key kindness terms, including helpfulness, gratitude, and caring. Draw a connection between helpfulness and gratitude and empathy and compassion. Apply self-care thinking to their lives.
Unit 3: Inclusiveness	Lesson 1: Who am I? Lesson 2: Who Are You? Lesson 3: Finding Common Ground Lesson 4: Fair vs. Equal	<ul style="list-style-type: none"> Review the concepts of respect and caring. Highlight similarities regardless of preconceived notions of differences. Explore the difference between fair and equal. Understand the relationship between kindness and inclusiveness.
Unit 4: Integrity	Lesson 1: White to Kind Truth Lesson 2: Integrity Obstacle Course Lesson 3: Integrity Role Play Lesson 4: Persevere to Your Goal!	<ul style="list-style-type: none"> Review respect, caring, and inclusiveness. Define honesty, dishonesty, and perseverance. Understand the concept of "white lies" and how they build on each other. Identify strategies that help people persevere through challenges. Reinforce the skill of perseverance through goal development and follow through.
Unit 5: Responsibility	Lesson 1: The Ladder of Responsibility Lesson 2: Who's Responsible? Lesson 3: Going Green Lesson 4: Responsibility Charades	<ul style="list-style-type: none"> Define responsibility and self-discipline through both actions and words. Identify how to show responsibility at home, in school, and in the community. Draw connections between self-discipline and responsibility as it applies to their daily lives. Explain how to make responsible choices in a variety of settings.
Unit 6: Courage	Lesson 1: Courage to be ME! Lesson 2: Kind Words Role Plays Lesson 3: Community Kindness TOP TEN Lesson 4: Random Acts of Kindness: Ninja Style	<ul style="list-style-type: none"> Identify ways to show courage for themselves, others, and the community. Practice random acts of kindness. Show courage through helping themselves, others, and the community. Discuss how it takes courage to be kind to others without recognition.

4th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: Knowing and Respecting Ourselves Lesson 2: Knowing and Respecting Others Lesson 3: Knowing and Respecting Places and Things Lesson 4: Communicate the RAK Way: Respectful, Assured, Kind	<ul style="list-style-type: none"> • Define respect and self-respect. • Appreciate how differences make people unique and interesting. • Determine a concrete strategy for demonstrating respect for things and places. • Connect respect and kindness to understanding the beliefs, values, and opinions of others.
Unit 2: Caring	Lesson 1: Take Five Lesson 2: Give Five Lesson 3: Dear Me: A Letter on Compassion Lesson 4: What Would You Do?	<ul style="list-style-type: none"> • Identify strategies to help manage stress and improve self-respect. • Discuss the concepts of caring and compassion. • Understand the definition of empathy.
Unit 3: Inclusiveness	Lesson 1: Inclusiveness Investigation Lesson 2: Crossing the Toxic Swamp: Teamwork Lesson 3: Including Yourself Lesson 4: Fair vs. Equal	<ul style="list-style-type: none"> • Explore what true friendship looks like. • Recognize that teamwork requires inclusiveness. • Recognize the value of including ourselves in activities as a means including others. • Apply problem-solving strategies to help make different situations fair and/or equal for everyone involved.
Unit 4: Integrity	Lesson 1: Integrity Through Kindness Lesson 2: Integrity Through Honesty Lesson 3: Integrity Through Perseverance Lesson 4: Integrity Through Goals	<ul style="list-style-type: none"> • Analyze integrity through the lens of kindness. • Analyze integrity through the lens of honesty. • Analyze integrity through the lens of perseverance. • Analyze integrity and perseverance through the lens of goal setting.
Unit 5: Responsibility	Lesson 1: Strategies for Self-Discipline Lesson 2: Impacting Others with Our Responsibilities Lesson 3: Go Green! Lesson 4: Personal Responsibility Inventory	<ul style="list-style-type: none"> • Identify personal responsibilities at school, home, and to self/with others. • Examine the cause-and-effect relationship between fulfilling or neglecting our responsibilities. • Evaluate how to be environmentally responsible at home and at school. • Identify strategies for responsibility self-improvement.
Unit 6: Courage	Lesson 1: "I Am" Poem Lesson 2: Forming Courageous Responses Using I-Statements Lesson 3: World Changers Lesson 4: Random Act of Kindness: Shining Stars	<ul style="list-style-type: none"> • Examine what it means to have the courage about being yourself. • Use I-statements to give courageous and kind responses to others. • Evaluate how courage inspires people to be active in their community for good causes. • Identify people in school who work hard but are not always appreciated.

5th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: From the Inside Out Lesson 2: Respecting Our (Emotional) Selves Lesson 3: Recognizing & Restoring Respect Lesson 4: I'm Sorry+ How Can I Help?	<ul style="list-style-type: none"> Identify different emotions and explore how our emotions are influenced by others. Explore healthy ways to care for their own mental and emotional health. Identify respectful and disrespectful behavior. Articulate respectful solutions to problems.
Unit 2: Caring	Lesson 1: Word Clouds of Care Lesson 2: Communication Comic Lesson 3: Making a Sincere Apology Lesson 4: Steps to Forgiveness	<ul style="list-style-type: none"> Identify rumors and gossip. Communicate assertively. Identify ways to give a sincere apology. Learn how forgiving others help them to live happier lives.
Unit 3: Inclusiveness	Lesson 1: Which One of These Doesn't Belong? Lesson 2: Kindness Escape Room: Teamwork Lesson 3: Inclusion of Acrostic Lesson 4: Fair But Equal	<ul style="list-style-type: none"> Identify similarities and differences among different objects or people. Recognize how teamwork requires Inclusiveness. Develop a mission statement through an acrostic poem around the qualities they value about inclusion. Apply problem-solving strategies to help make different situations fair, equal, and/or equitable for everyone Involved.
Unit 4: Integrity	Lesson 1: Defining Honesty and Integrity Lesson 2: How Honest Are You? Lesson 3: Why Cheat? Lesson 4: Consequences of Cheating	<ul style="list-style-type: none"> Define honesty and integrity. Evaluate a variety of statements about honesty. Use strategies In perseverance to combat the temptation to cheat. Explore a variety of ways people cheat and the consequences of their actions.
Unit 5: Responsibility	Lesson 1: What Are You Responsible For? Lesson 2: Our Greatest Influences Lesson 3: What Is My Responsibility? Lesson 4: Media Influence	<ul style="list-style-type: none"> Analyze the role of self-discipline In responsible decision-making. Identify what influences responsible decision-making. Determine appropriate and responsible reactions to various situations. Evaluate the media's impact on emotions and responsible decision-making.
Unit 6: Courage	Lesson 1: Try New Things: Courage Dance Party Lesson 2: Come Back with Courage: Role Play Lesson 3: Be the Change Lesson 4: 30 Random Acts of Kindness	<ul style="list-style-type: none"> Recognize that being our best selves takes courage & sometimes risk. Practice respectful ways of saying "no" to peer pressure. Discuss the role of courage In making change In a community. Discuss the experience and Impact of engaging In random acts of kindness.

6th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: R.E.S.P.E.C.T - Respecting Ourselves Lesson 2: R.E.S.P.E.C.T. - The Respect Effect Lesson 3: R.E.S.P.E.C.T. - What our School Says About Respect Lesson 4: R.E.S.P.E.C.T. - In Our Culture	<ul style="list-style-type: none"> • Explain the Importance of self-care as the core to respect for self. • Expand their understanding of respect through both Interpersonal and community-based Interactions. • Synthesize their knowledge of respect as It applies to themselves, others, and the school through the development of a guidebook utilized throughout the duration of 6th grade.
Unit 2: Caring	Lesson 1: Toss in Self-Care Lesson 2: A Meal of Gratitude Lesson 3: Find Your Empathy Lesson 4: Compassion Wall	<ul style="list-style-type: none"> • Utilize self-care tools and methods to increase a feeling of self-worth. • Develop the skills of empathy and compassion for both people they know personally and others within their community. • Practice both giving and receiving gratitude through a foundation of kindness.
Unit 3: Inclusiveness	Lesson 1: Friendship vs. Clique: Evaluating our Level of Inclusiveness Lesson 2: Is It Fair, Equitable, Both, or Neither? Lesson 3: Be A Up stander Lesson 4: Making Inclusive School Spaces	<ul style="list-style-type: none"> • Define Inclusiveness as It applies to both themselves and to their community as a whole. • Evaluate their Immediate surroundings through a lens of equity and fairness. • Practice inclusiveness as they work together within their classroom to create a safe place for all who enter the space.
Unit 4: Integrity	Lesson 1: Clean vs. Cloudy Lesson 2: Notice the Difference Lesson 3: Making Choices Lesson 4: Qualities of Success	<ul style="list-style-type: none"> • Examine their own level of Integrity across a variety of situations, both with peers and individually. • Practice creating and accomplishing SMART goals.
Unit 5: Responsibility	Lesson 1: Stations of Responsibility Lesson 2: Rights vs. Responsibilities Lesson 3: Social Responsibility Lesson 4: Digital Responsibility	<ul style="list-style-type: none"> • Explore responsible words and actions In social settings, both physical and online. • Evaluate responsibilities In online spaces and with technology devices. • Explain the connection between freedom and responsibility.
Unit 6: Courage	Lesson 1: Have You Ever? Lesson 2: One of a Kind Lesson 3: Class Humility Lesson 4: Build Me Up!	<ul style="list-style-type: none"> • Gain a deeper understanding of the kindness and courage required to embrace humility In a variety of situations. • Examine what courage looks like within their own lives and how to Incorporate a variety of courageous moments moving forward. • Draw connections between vulnerability and courage.

7th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: Using I-Messages Lesson 2: Active Listening Lesson 3: Assessing Media Messages for Respect Lesson 4: Respect for Other Cultures	<ul style="list-style-type: none"> • Explain the Importance of self-care as the core to respect for self. • Expand their understanding of respect to through both Interpersonal and technology-based Interactions. • Synthesize their knowledge of respect as It applies to themselves, others, and the community through the development of a respected commercial.
Unit 2: Caring	Lesson 1: Self-Care Scattered Categories Lesson 2: Simple Gratitude Lesson 3: Choose Your Empathy Lesson 4: Compassion Challenge	<ul style="list-style-type: none"> • Utilize self-care tools and methods to Increase a feeling of self-worth. • Expand their skills of empathy and compassion for both people they know personally and others within their community. • Practice both giving and receiving gratitude through a foundation of kindness.
Unit 3: Inclusiveness	Lesson 1: Identity Circles Lesson 2: A Fairness Perspective Lesson 3: The Equity Challenge Lesson 4: Finding Your Voice	<ul style="list-style-type: none"> • Explore the concept of inclusiveness and how It is applied within the school and the community at large. • Analyze the difference between fairness and equality. • Identify ways to create opportunities for self-inclusion that can also lead to including others.
Unit 4: Integrity	Lesson 1: Levels of Honesty Lesson 2: Resisting Temptation Lesson 3: Breaking It Down Lesson 4: Seeing It Through	<ul style="list-style-type: none"> • Examine their own level of Integrity across a variety of situations, both with peers and individually. • Practice creating and accomplishing SMART goals.
Unit 5: Responsibility	Lesson 1: Taking Responsibility Lesson 2: Rings of Responsibility Lesson 3: How We See Responsibility Lesson 4: The Nature of Responsibility	<ul style="list-style-type: none"> • Increase personal responsibility through words and actions in social settings, both physical and online. • Evaluate responsibilities in online spaces and with technology devices. • Explain the connection between freedom and responsibility. • Analyze responsible food consumption and waste in America.
Unit 6: Courage	Lesson 1: Ever Done That? Lesson 2: Self-Pro Claimed Hero Lesson 3: Servant Leaders Lesson 4: Verbal vs. Nonverbal Communication	<ul style="list-style-type: none"> • Practice utilizing the kindness and courage required to embrace humility in a variety of situations. • Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward. • Explain the connection between vulnerability and courage.

8th Grade Unit Overviews

Unit	Main Lesson Titles	Expected Outcomes
Unit 1: Respect	Lesson 1: The Mindset of Respect Lesson 2: Fixed Mindset vs. Growth Mindset Lesson 3: Self image and Self Esteem Lesson 4: Respect Is a Human Right	<ul style="list-style-type: none"> Practice utilizing healthy self-care strategies as a demonstration of self-respect. Expand understanding of respect from a biological, brain-based perspective. Synthesize knowledge of respect through an in-depth analysis of the effects of self-care and productivity.
Unit 2: Caring	Lesson 1: 20 Questions Lesson 2: School Gratitude Lesson 3: In My Place Lesson 4: Empathy + Compassion	<ul style="list-style-type: none"> Utilize self-care tools and methods to Increase their own self-respect. Examine current life situations and highlight areas of gratitude, no matter how small. Practice demonstrating genuine empathy and compassion for others within their own community.
Unit 3: Inclusiveness	Lesson 1: Inclusive School Discussion Lesson 2: Becoming Up Stander Lesson 3: Walk in Their Shoes Lesson 4: Responding to Peer Pressure	<ul style="list-style-type: none"> Apply the concept of Inclusiveness within their school to Increase accessibility for all students. Explain the difference between fairness and equality. Understand the difference between equality and equity.
Unit 4: Integrity	Lesson 1: Shortcut or Loophole? Lesson 2: Rebuilding Trust Lesson 3: Start Small Lesson 4: Shout It Out!	<ul style="list-style-type: none"> Examine their own level of integrity across a variety of situations, both with peers and individually. Practice creating and accomplishing SMART goals.
Unit 5: Responsibility	Lesson 1: Building Self Discipline Lesson 2: Sources of Responsibility Lesson 3: Conflict In Responsibility Lesson 4: Shifting Responsibility	<ul style="list-style-type: none"> Practice accepting personal responsibility through words and actions In social settings, both physical and online. Evaluate responsibilities In online spaces and with technology devices. Demonstrate an understanding between freedom and responsibility
Unit 6: Courage	Lesson 1: identity RoundRobin Lesson 2: What Makes an Awesome Leader? Lesson 3: The "Humblebrag" Lesson 4: Culture of Kindness	<ul style="list-style-type: none"> 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.