

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 Project 1: Welcome Ambassadors Project 2: Respect Rap	<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 Project 1: 100 Ways to Care Project 2: A Helping Hand	<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 Permission Lesson 4: The Power of Kind Words Project 1: Welcome Party! Project 2: A Piece of Our Puzzle	<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! Project 1: Honesty Song Project 2: Perseverance in Plants	<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! Project 1: Responsibility Chart Project 2: Recycled Art	<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 Mobile Lesson 2: Kindness Mail Lesson 3: Kindness Parade Lesson 4: Random Acts of Kindness Bookmarks Project 1: The Book of Kindness Project 2: Courageous Acts of Kindness	<ul style="list-style-type: none"> ● Identify ways to show courage for ourselves and for others. ● Practice random acts of kindness. ● 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 Project 1: Circles of Respect Project 2: Create-A-Shake	<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 Project 1: It's OK to Feel... Project 2: Who's Helping Me?	<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! Project 1: Personalized Pendants Project 2: Building Inclusiveness: Lego Style!	<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 Project 1: Perseverance Pirates Project 2: Integrity Handbook	<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 Responsibility Lesson 3: Environmentally Responsible Charades Lesson 4: Kindness Coupons! Project 1: Class Cash Project 2: Recycle Responsibly	<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 Project 1: Kindness Grams Project 2: Kindness Capes	<ul style="list-style-type: none"> ● Identify ways to show courage for ourselves and for others. ● Practice random acts of kindness. ● Show courage through 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	<p>Lesson 1: The Ripples of Kindness</p> <p>Lesson 2: The Ripples of Respectful Listening</p> <p>Lesson 3: The Ripples of Respectful Communication</p> <p>Lesson 4: The Ripples of Respectful Teamwork</p> <p>Project 1: The Ripples of Respect and Kindness</p> <p>Project 2: Choose Kindness</p>	<ul style="list-style-type: none"> ● Learn basic ways to show kindness and respect in the classroom and learning environment. ● Identify key elements of respectful listening. ● Build healthy communication skills to use during a disagreement. ● Work effectively in teams.
Unit 2: Caring	<p>Lesson 1: My Name Word Puzzle</p> <p>Lesson 2: Gratitude Scavenger Hunt</p> <p>Lesson 3: Compassion Connection: Everyday Emotions</p> <p>Lesson 4: Compassion Connection: The Path to Compassion</p> <p>Project 1: Thank You for Helping</p> <p>Project 2: Gratitude Word Clouds</p>	<ul style="list-style-type: none"> ● Define key kindness terms, including gratitude, caring, and compassion. ● Identify the connection among caring, kindness, and helpfulness. ● Connect empathy and sympathy to compassion. ● Apply self-care thinking to their lives.
Unit 3: Inclusiveness	<p>Lesson 1: We are All Wonders!</p> <p>Lesson 2: We See!</p> <p>Lesson 3: Care + Share = Fair</p> <p>Lesson 4: Beyond Our Shells</p> <p>Project 1: Good Eggs</p> <p>Project 2: Inclusiveness and Fairness Toolbox Project</p>	<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	<p>Lesson 1: Pennies of Honesty</p> <p>Lesson 2: Integrity with Tech</p> <p>Lesson 3: What Would You Do?</p> <p>Lesson 4: Look for the Helpers</p> <p>Project 1: Read with Perseverance!</p> <p>Project 2: Thank You for Helping</p>	<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	<p>Lesson 1: My Body Habitat</p> <p>Lesson 2: Our Shared Habitats</p> <p>Lesson 3: Habitats in Nature: The Impact of the Beaver</p> <p>Lesson 4: One Bag, One Bracelet</p> <p>Project 1: Responsibility for Ourselves, Others, and the Environment</p> <p>Project 2: Signs of Responsibility</p>	<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	<p>Lesson 1: I Believe in Super ME!</p> <p>Lesson 2: I Do / They Feel</p> <p>Lesson 3: Courage to Clean</p> <p>Lesson 4: Random Acts of Kindness: Desk Notes</p> <p>Project 1: Courage Journal</p> <p>Project 2: Wear Your Courage</p>	<ul style="list-style-type: none"> ● Identify things they can do to show courage for ourselves and for others. ● Identify the likely outcome for others by choosing a courageous act. ● Show courage through 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 Myself with Kindness Lesson 3: Time Out! Lesson 4: Building a Respectful Community Project 1: Interactive RAK Notebook Project 2: What Does Respect Look Like? Bulletin Board	<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 Project 1: Share Your Feelings Project 2: Chain of Gratitude	<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 Project 1: Creative Compliment Cards Project 2: Kindness Jar	<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 Lie to Kind Truth Lesson 2: Integrity Obstacle Course Lesson 3: Integrity Role Play Lesson 4: Persevere to Your Goal! Project 1: Door of Integrity Project 2: Perseverance Treasure Map	<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 Project 1: Egg Babies Project 2: Simon Says Art	<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 Project 1: Everyday Brave Project 2: Kindness Klips	<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	<p>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 Project 1: A Respectful Debate Project 2: Operation I Respect You</p>	<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	<p>Lesson 1: Take Five Lesson 2: Give Five Lesson 3: Dear Me: A Letter on Compassion Lesson 4: What Would You Do? Project 1: Caring Lapbook Project 2: Empathy Obstacle Course</p>	<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	<p>Lesson 1: Inclusiveness Investigation Lesson 2: Crossing the Toxic Swamp: Teamwork Lesson 3: Including Yourself Lesson 4: Fair vs. Equal Project 1: Friendship Chains Project 2: Inclusiveness Picture Book</p>	<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 toward including others. ● Apply problem-solving strategies to help make different situations fair and/or equal for everyone involved.
Unit 4: Integrity	<p>Lesson 1: Integrity Through Kindness Lesson 2: Integrity Through Honesty Lesson 3: Integrity Through Perseverance Lesson 4: Integrity Through Goals Project 1: Inclusiveness Billboards Project 2: Perseverance Bookmarks</p>	<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	<p>Lesson 1: Strategies for Self-Discipline Lesson 2: Impacting Others with our Responsibilities Lesson 3: Go Green! Lesson 4: Personal Responsibility Inventory Project 1: Responsibility Egg Drop Challenge Project 2: Responsibility Word Search</p>	<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	<p>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 Project 1: Courage Maps Project 2: Failure Ta-Da!</p>	<ul style="list-style-type: none"> ● Examine what it means to have 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? Project 1: Feeling Self-Portraits Project 2: Respect Scavenger Hunt	<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 Project 1: I Care for My#Selfie Project 2: Spread Care Project Plan	<ul style="list-style-type: none"> ● Identify rumors and gossip. ● Communicate assertively. ● Identify ways to give a sincere apology. ● Learn how forgiving others helps 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 Acrostic Lesson 4: Fair But Equal Project 1: Notable Quotables: Inclusiveness Posters Project 2: The Rules of Inclusion	<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 Project 1: One-Act Plays Project 2: Anti-Cheating School-Wide Campaign	<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 Respons(ibility)? Lesson 4: Media Influence Project 1: Tag, You're It! Project 2: Egg Baby Responsibility Project	<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 Project 1: 5th Grade Thank You Notes Project 2: Courage Research Project	<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.