

I Do/They Feel

This lesson will now invite students to think of ways to show courage by including, being fair, and being kind to others. They will work in different groups.

Kindness Concept(s)

Courage, Kindness, Inclusiveness, Fairness, Responsibility, Respect

Lesson Timeframe

35-40 minutes

Required Materials

☐ I Do / They Feel worksheets

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.



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FOR SOCIAL AND EMOTIONAL LEARNING.**

See last page for details.

Lesson Objective

Students will:

- Discuss ways to show courage toward others in particular ways.
- Identify the likely outcome for others by choosing a courageous act.
- Practice classroom presentation skills.

Teacher Connection/Self-Care

Have you ever heard the phrase “pay it forward”? It refers to the action of a person doing an unrecognized good deed for a stranger on the premise that the receiver will in turn “pay it forward” by doing a good deed for someone else. Perhaps the person in front of you has already paid for your coffee order or a positive note was left on your desk. These are both terrific examples of this simple, yet powerful concept. This week, look for ways to respond with kindness by identifying three different ways to pay it forward to coworkers in some fashion. Spend some time brainstorming little surprises for those around you, adding a small note with the good deed that encourages them to keep the chain going by passing on a bit of kindness to another as well.

Tips for Diverse Learners

- Try to break groups up so there is at least one strong writer in the group.
- Give options for the presentation piece, allowing students to role play if they wish or to practice other presentation skills; be sensitive to students who are too scared to present but give them an opportunity to stand next to the presenters and begin seeing what it’s like to be in front of a group of peers.



Share

5-7 minutes

So far this year we have talked about a number of kindness super powers. 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 ourselves. What are some courageous things we can do for ourselves?

Invite student responses.

How many of you have looked at your Super ME posters and it has helped you be brave and courageous, even if you didn't really want to be?



Inspire

5-7 minutes

What is Courage?

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

Kindness to Others: Sometimes it can be very difficult to treat others with kindness. You can be brave and use courage to focus your words and actions on kindness in any situation. Even if others are mean, you can choose to show courage through kindness. You may be surprised to see just how quickly other's change when you shower them with kindness!

Let's get into small groups now and talk about how to show courage through kindness to others in all of our superpower areas. This means we are going to break into six small groups right now:

*Respect Group
Caring Group
Inclusiveness Group
Fairness Group
Honesty Group
Responsibility Group*



Empower

15-20 minutes

In your small group, you are going to work on the “I Do, They Feel” worksheet.

On the left-hand side of the worksheet, you should brainstorm and write down (choose a secretary or writer for your group) something you do to demonstrate your group’s super power. For example, if you are in the ‘Respect’ group, write down something you can do to show another person respect. Let’s say you wrote down, “I follow the rules”. Then, right across from that action you just wrote down, write down how you think that action will make the other person feel. So, you could write, “My parents or teachers feel happy that I followed the rules.”

Try to think of 4 or 5 I Do/They Feel combinations and try to think of different “feelings” or reactions; don’t make each feeling the same. Be creative!

At the end of the worksheet, as a group, finish the sentence: It takes courage to show [RESPECT] because _____.

Talk about your answers and then write it down on the line after “because.”

Each worksheet will have a different topic inside the brackets: Respect, Caring, Inclusiveness, Fairness, Responsibility

Raise your hands as a group when you are done with your list and final answer.



Reflect

5 minutes

Let’s share some of our I Do/They Feel combinations.

If you have been practicing presentation skills this year, this could be a good time to invite the groups to present at the front of the class. They could role play the “I Do/They Feel” combinations or simply take turns reading their ideas aloud. This gives you a chance to commend their courage to share their ideas in front of their peers, which is not always easy to do!

Great job, everyone! I really liked your I Do/They Feel combinations. Did you notice the pattern? Every time you do something kind for someone else, which takes courage, they feel good. Good about themselves, about you, about their surroundings, and about the situation. Isn’t that amazing? These truly are super powers! But, it takes courage to use them. Be brave when it comes to showing kindness to others. The more you do this, the easier it will become!



Extension Ideas

- Extension ideas for presentations provided above; this is a good opportunity for role play or practicing other presentation skills.

RANDOM ACTS OF KINDNESS
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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/>

I do

They feel

It takes courage to show **respect** because:

I do

They feel

It takes courage to show **caring** because:

I do

They feel

It takes courage to show **inclusiveness** because:

I do

They feel

It takes courage to show **fairness** because:

I do

They feel

It takes courage to show **responsibility** because:
