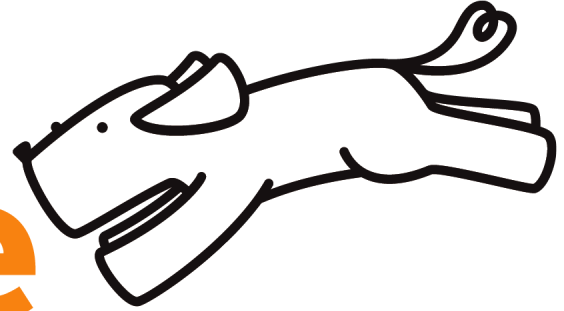


# Courage



**Sub-Concepts Covered: Vulnerability, Humility, Kindness**

Kindness in the Classroom lessons teach kindness skills through a step-by-step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the ‘share’ step to reinforce learning from previous lessons. The ‘act’ piece is woven into the lessons but really takes place in the projects.

You have arrived at the 6th and final concept of the year! As you wrap up 7th grade and prepare to send your students out into the world for a much deserved break, your class will dive deeper into the concept of courage and how it connects to humility, vulnerability and ultimately kindness. For many students this will be an unexpected connection. Our society does not present these concepts together as a cohesive unit. However, if one wants to truly live with kindness at the center of their core, they will need courage to do so!

## Unit Objective

Students will:

- 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.

## Student Introduction

Courage—we often think of this word and relate it to strength and honor. However, it takes courage to be kind, even in the face of hatred. It takes courage to build others up without looking for any reward on your part. It takes courage to admit areas that might need attention, and be willing to work on them. Vulnerability and humility are often touted as detrimental traits. This unit will challenge that thinking! We will focus on the following:

- The Courage to Be Kind
- Embrace Humility
- Vulnerability as a sign of Courage



## Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
<b>Lesson 1</b> Ever Done That?	<ul style="list-style-type: none"> <li>Explore the connection between courage and vulnerability</li> <li>Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Index Cards</li> <li><input type="checkbox"/> Pencils</li> </ul>	<p><u>Small Group</u>- Describe Courage</p> <p><u>Partners</u>- Recovering</p> <p><u>Individual</u>- Personal Identity Circles</p> <p><u>Technology Focus</u>- Courage Emoji</p>
<b>Lesson 2</b> Self-Proclaimed Hero	<ul style="list-style-type: none"> <li>Practice using courage to be a leader in an area they feel passionate about</li> <li>Apply courageousness to a variety of situations in group and individual settings</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Paper</li> <li><input type="checkbox"/> Pencils</li> <li><input type="checkbox"/> Projector or SmartBoard for video</li> <li><input type="checkbox"/> Internet Connection</li> </ul>	<p><u>Small Group</u>- Top Ten List: Heroes</p> <p><u>Partners</u>- Unsung Heroes</p> <p><u>Individual</u>- The Hero in Me</p> <p><u>Technology Focus</u>- International Heroes</p>
<b>Lesson 3</b> Servant Leaders	<ul style="list-style-type: none"> <li>Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations</li> <li>Practice using courage and humility at school and at home</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Projector or Smartboard for video</li> <li><input type="checkbox"/> Internet Access for video</li> </ul>	<p><u>Small Group</u>- Check and Change</p> <p><u>Partners</u>- Humble Exploration</p> <p><u>Individual</u>- Humility in Our World</p> <p><u>Technology Focus</u>- Something New</p>
<b>Lesson 4</b> Verbal vs. Nonverbal Communication	<ul style="list-style-type: none"> <li>Explore the connection between courage and kindness</li> <li>Practice using courage and kindness at school and at home</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Index Cards</li> <li><input type="checkbox"/> Pencils</li> <li><input type="checkbox"/> Scenario cards (see lesson)</li> </ul>	<p><u>Small Group</u>- Kindness Chains</p> <p><u>Partners</u>- Kindness in Action</p> <p><u>Individual</u>- Courage to Be Kind</p> <p><u>Technology Focus</u>- The Great Kindness Challenge App</p>

## Unit Project

<b>Project Title</b>	<b>Project Overview</b>	<b>Materials Required</b>
Random Acts of Kindness Photo Journal	The class will work in groups to accomplish a variety of RAKs, documenting them using photos of objects only through a photo journal.	<ul style="list-style-type: none"><li><input type="checkbox"/> Basic Art Supplies</li><li><input type="checkbox"/> Journal entry templates (see project)</li><li><input type="checkbox"/> Magazines</li><li><input type="checkbox"/> 1 smartphone or camera for each group</li><li><input type="checkbox"/> Tape/Tacks to hang finished journals</li></ul>