

# DCIU COUNSELING DEPARTMENT NEWSLETTER

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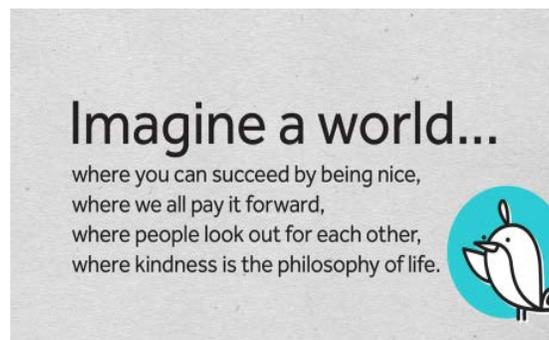
## SEL (Social and Emotional Learning) Resources Topic: Kindness

There are many ways to support students' social and emotional learning in the classroom. The program entitled **Kindness in the Classroom** by the Random Acts of Kindness Foundation (RAK) is a CASEL (Collaborative Academic, Social, and Emotional Learning) SELECT program. This research-based program helps students develop SEL skills. Please see the link for a review of the CASEL wheel and the different elements to help students develop SEL <https://casel.org/wp-content/uploads/2019/12/CASEL-Competencies.pdf>

The Kindness in the Classroom curriculum is based on the six kindness concepts: respect, caring, inclusiveness, integrity, responsibility, and courage. Each grade level in K-8 has four classroom lessons in each topic area. They recently added a 16-week high-school curriculum. You can review the information by the RAK foundation at <https://www.randomactsofkindness.org/> We hope this information assists you in educating and creating a safe and supportive classroom environment for all students. Thank you for all your efforts to support your students and their families during this challenging time.



Kindness means being friendly, caring about others, and making this world a better place for everyone. See the card below from the Kindness in the Classroom program by the RAK foundation.



### Quote on Kindness

***“Kindness is the ability to speak with love, listen with patience, and act with compassion,”*** by RAK activist and found on the RAK website. More inspirational quotes on kindness can be found at <https://www.randomactsofkindness.org/kindness-quotes>



Kindness has found to decrease stress, boost happiness, lower blood pressure, and inspire more kindness. The research on the Kindness in the Classroom SEL Curriculum reports increases in the following areas: positive school climate, strong teacher and student relationships, peer acceptance, empathy, self-awareness, and trust among the staff. Social and emotional learning teaches students to manage their emotions and cope with life's challenges.

## Lessons on Kindness

### Grades K-3

**Book on kindness.** Read *Kindness is Cooler Mrs. Ruler* by Margery Cuyler or class can view on YouTube at <https://www.youtube.com/watch?v=et4KluESo0o>

**Discussion and activity ideas.** Discussion questions and activities for the book can be retrieved at <http://www.allforkidz.com.au/assets/a4-keep-kindness-going-primary-lesson-plan-kindness-is-cooler-mrs-ruler.pdf>

### Grades 3 and up

**Watch and discuss videos on kindness.** Two videos for your review are as follows:

- YouTube video "Kind Kids Club" by RAK foundation is 4:13 minutes in length and can be retrieved at <https://www.youtube.com/watch?v=022HWprxJFO>
- YouTube video "Kindness Can Be the Norm" by RAK foundation is 1:12 minutes in length and can be retrieved at <https://www.youtube.com/watch?v=YYnWsAoGRPE>



**Activities.** Students could list or journal ways to be kind to others. They could also write a kind note to someone at home such as a parent, sibling, or trusted adult and leave it for the person to find "accidentally." Suggested locations are on the refrigerator or the kitchen table. Students discuss how it feels good to be kind and how kind acts spread. ("A Kind Note" lesson in Kindness Boost option 1, Kindness Beyond the Classroom Curriculum was found in the Kindness in the Classroom program by RAK foundation.)

## Teacher resources

- Kindness Bingo  
[https://assets.randomactsofkindness.org/downloads/RAK\\_kindness\\_bingo\\_cards.pdf](https://assets.randomactsofkindness.org/downloads/RAK_kindness_bingo_cards.pdf)
- Kindness Calendar  
[https://assets.randomactsofkindness.org/calendars/neighborhood/2020/2020\\_RAK\\_kindness\\_calendars.pdf](https://assets.randomactsofkindness.org/calendars/neighborhood/2020/2020_RAK_kindness_calendars.pdf)
- Grab and Go Icebreaker Games to build a positive school climate  
[https://www.randomactsofkindness.org/additional-resources/Grab\\_and\\_go\\_games.pdf](https://www.randomactsofkindness.org/additional-resources/Grab_and_go_games.pdf)
- Educator link to the Kindness in the Classroom curriculum by RAK  
<https://www.randomactsofkindness.org/for-educators>
- Kindness RAK Poster  
[https://assets.randomactsofkindness.org/downloads/RAK\\_kindness\\_poster.jpg](https://assets.randomactsofkindness.org/downloads/RAK_kindness_poster.jpg)

## Parent resources

- “Developing Kindness in Early Childhood (Preschoolers)” can be retrieved at <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/developing-kindness-in-early-childhood>
- “13 Ways to Raise a Caring and Compassionate Child” can be retrieved at <https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/13-ways-to-raise-caring-and-compassionate-child.html>
- “Encouraging Kindness in Middle Schoolers” can be retrieved at <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/encouraging-kindness-in-middle-schoolers>
- “Supporting Kindness in Teens” can be retrieved at <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/supporting-kindness-in-teens>



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