



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: Random Acts of Kindness

Length: Full year

Teacher: Sydney Campbell

Course Description: (K-1)

Random Acts of Kindness is a tier one social-emotional curriculum taught to students from kindergarten to fifth grade. This curriculum is designed to create a culture of kindness through six topics: respect, caring, inclusiveness, integrity, responsibility, and courage. Guidance class will mainly focus on these core aspects, but will be flexible to add in units of topics that each grade level might need.

Share what they know and what they have experienced to uplift others and reinforce each concept.
Inspire kindness in each student.
Empower students to be kind in their daily lives and not just in class.
Act through role plays and projects to bring kindness in the classroom, school, and community.
Reflect on their acts of kindness and how they can continue to spread kindness or improve on their actions.

Competencies or Standards Assessed:

M1: Belief in development of the whole self, including a healthy balance of mental, social/emotional, and physical well-being.

M2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment.

M3: Positive attitude toward work and learning.

M4: Self-Confidence in the ability to succeed.

B-LS1: Critical thinking skills to make informed decisions.

B-LS 2 Creative approach to learning, tasks, and problem solving.

B-LS 4: Self-motivation and self-direction for learning.

B-SMS 1: Responsibility for self and actions.

B-SMS 2: Self-discipline and self-control.

B-SMS 8: Balance of school, home, and community activities.

B-SS 2: Positive, respectful, and supportive relationships with students who are similar to and different from them.

B-SS 4: Empathy.

B-SS 5: Ethical decision-making and social responsibility.
B-ss 6: Effective collaboration and cooperation skills.
B-SS 7: Leadership and teamwork skills to work effectively in diverse groups.
B-SS 9: Social maturity and behaviors appropriate to the situation and environment.

Anchor Texts or Major Curriculum: [Random Acts of Kindness](#)

Course Outline (major units of study):

Unit Title	Essential Question or Overarching Understanding
Respect	<ul style="list-style-type: none">• Define the concept of respect.• Explain the three different types of respect (self, others, space).• Gain experience in applying respect in a variety of contexts.
Caring	<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.
Inclusiveness	<ul style="list-style-type: none">• Define inclusiveness.• Explain what it means to include others.• Explore what it means to be fair.• Understand the connection between kindness and inclusiveness.
Integrity	<ul style="list-style-type: none">• Define honesty.• Practice using kindness and respect to develop honest actions in difficult situations.• Work as a team to do what is right and kind in all situations.
Responsibility	<ul style="list-style-type: none">• Define responsibility and self-discipline through both actions and words.• Identify how to show responsibility at home and at school.• Draw connections between



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	<p>self-discipline and responsibility</p> <ul style="list-style-type: none">• applies to their daily lives.
Courage	<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.

Portrait of a Learner

Independent Learner

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

Responsible Collaborator

I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.

Critical Thinker

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

Effective Communicator

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

Global Citizen

I show that I care and take responsibility by helping in my community and the world around me.

Additional Classroom Expectations: