



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: Random Acts of Kindness

Length: Full year

Teacher: Sydney Campbell

Course Description: (Grades: 2-3)

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">• 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.
Caring	<ul style="list-style-type: none">• Define key kindness terms, including helpfulness, gratitude, and caring.• Identify the connection among caring, kindness, and helpfulness.• Connect empathy and sympathy to compassion.• Apply self-care thinking to their lives.
Inclusiveness	<ul style="list-style-type: none">• 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.
Integrity	<ul style="list-style-type: none">• Define honesty, dishonesty, and reputation.• Utilize caring and kindness to develop honest alternatives to deceptive actions.



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	<ul style="list-style-type: none">• Identify strategies that help people persevere through challenges.• Work as a team.
Responsibility	<ul style="list-style-type: none">• Explore how we can make responsible decisions regarding our own bodies and minds, shared spaces with others, and the environment.• Discuss the impact of responsible decision-making on the quality of life.
Courage	<ul style="list-style-type: none">• Identify things they can do to show courage for themselves and for others.• Identify the likely outcomes 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.

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:

