



## LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: Random Acts of Kindness

Length: Full year

Teacher: Sydney Campbell

Course Description: (Grades: 4-5)

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.

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**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"><li>• Learn basic ways to show kindness and respect in the classroom and learning environment.</li><li>• Identify key elements of respectful listening.</li><li>• Build healthy communication skills to use during a disagreement.</li><li>• Work effectively in teams.</li></ul>                                                               |
| Caring         | <ul style="list-style-type: none"><li>• Identify strategies to help manage stress and improve self-respect.</li><li>• Discuss the concepts of caring and compassion.</li><li>• Understand the definition of empathy.</li></ul>                                                                                                                                                    |
| Inclusiveness  | <ul style="list-style-type: none"><li>• Explore what true friendship looks like.</li><li>• Recognize that teamwork requires inclusiveness.</li><li>• Recognize the value of including ourselves in activities as a means toward including others.</li><li>• Apply problem-solving strategies to help make different situations fair and/or equal for everyone involved.</li></ul> |
| Integrity      | <ul style="list-style-type: none"><li>• Analyze integrity through the lens of kindness and honesty.</li><li>• Analyze personal integrity.</li></ul>                                                                                                                                                                                                                               |
| Responsibility | <ul style="list-style-type: none"><li>• Identify personal responsibilities at</li></ul>                                                                                                                                                                                                                                                                                           |



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|         |                                                                                                                                                                                                                                                                                             |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|         | <p>school, home, and to self/with others.</p> <ul style="list-style-type: none"><li>• Examine the cause-and-effect relationship between fulfilling or neglecting our responsibilities.</li><li>• Identify strategies for perseverance through responsibility and self-discipline.</li></ul> |
| Courage | <ul style="list-style-type: none"><li>• Examine what it means to have courage about being yourself.</li><li>• Use I-Statements to give courageous and kind responses to others.</li><li>• Evaluate how courage inspires people to be active in their community for good causes.</li></ul>   |

### **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: