

# Courage



Our Young Kindness in the Classroom lessons teach kindness skills through a combination of literacy, math and science, citizenship, and music/movement activities that allow our youngest students a chance to explore difficult abstract concepts through a variety of concrete opportunities.

This unit is the final of our six-unit series, which lasts six months. If your school operates year-round, there is a second six-month cycle that will cover the same concepts, but at a higher level. The focus at this young age is exposure to the connection between courage and kindness. Students will also focus on having the courage to lift themselves up using positive affirmations. Every cycle also ends in unison in the final lesson by completing a fun Random Act of Kindness.

## Overview of Courage Unit

This packet contains everything you will need to complete this four-week unit. This is broken down into three core components:

- **Unit Overview** This includes a snapshot of everything covered in the following four learning domains:
  - **Literacy** There are four read-alouds PLUS activities and printables
  - **Math/Science** Counting, Patterns, Experiments, etc.
  - **Citizenship/Social Studies** Our themed RAK character will take students through community-based COURAGE activities
  - **Music & Movement** Rhymes, fingerplays, chants, etc. to reinforce COURAGE
  - **ONE PROJECT IS ALSO INCLUDED EACH WEEK!**
  
- **Weekly Plans-** Each week includes all 4 domains and covers the following themes:
  - Week 1: **Courage, Believing in Yourself**
  - Week 2: **Courage, Kindness**
  - Week 3: **Courage, Kindness**
  - Week 4: **Courage, Bullying, Kindness**
  
- **Printables-** Each learning domain includes at least one printable to help reinforce the concept and practice basic fine and gross motor skills. The COURAGE unit includes the following:
  - K is for KINDNESS coloring sheet (**Literacy**)
  - Floating and Sinking Boats (**Science**)
  - I am Special Posters (**Citizenship**)
  - Selfish vs Kind Face Plates (**Music & Movement**)
  - **And more..!**

# Courage

<b>RAK Concept: COURAGE</b>	<b>Read Aloud/ Literacy</b>	<b>Math/Science</b>	<b>Social Studies/ Citizenship</b> RAK ANIMAL Camilla the Courageous Pig	<b>Music &amp; Movement</b>
Week 1 Themes: Courage, Bravery, Kindness  PROJECT- "I am Special" Poster	<i>Be Brave, Little Penguin</i> by Rachel Elliot  <a href="https://www.youtube.com/watch?v=f4TnDma78Oo">https://www.youtube.com/watch?v=f4TnDma78Oo</a>	Floating and Sinking Boats	Camilla starts a new dance class.	Special Me Song by Kidz Soup
Week 2  Themes: Courage, Bravery, Kindness  PROJECT- Box of Bravery	<i>Brave Little Owl</i> by Penny Little  <a href="https://youtu.be/hDS5mhS47sw">https://youtu.be/hDS5mhS47sw</a>	Up, Down, Stop, Go game	Camilla helps her friend overcome her fear of the big slide at the playground.	10 Little Monsters Fingerplay
Week 3 Themes: Courage, Bullying, Kindness  PROJECT: Selfish vs Kind Emotion Plates	<i>The Selfish Crocodile</i> by Michael Terry  <a href="https://youtu.be/0-NhjJ_RZI">https://youtu.be/0-NhjJ_RZI</a>	Kindness Hopscotch	Camilla is kind to a bully at school.	Three Kind Mice Chant by Kathryn Rateliff Barr
Week 4 Themes: Courage, Kindness  PROJECT: Random Acts of Kindness	<i>Kindness Makes Me Stronger</i> by Elizabeth Cole  <a href="https://youtu.be/BVgQ7-m0Mqw">https://youtu.be/BVgQ7-m0Mqw</a>	Things in Common Matchup	Camilla does random acts of kindness at home.	Let's Find a Friend Song by Anonymous

# Courage Week 1

**Theme:** Courage, Bravery, Kindness

**Book of the Week:** *Be Brave, Little Penguin* by Rachel Elliot

**Materials:** Book of The Week, basic art supplies, aluminum foil, marbles (or counters), I am Special printable (see below)

## Literacy



### Share

Read *Be Brave, Little Penguin* by Rachel Elliot

Read Aloud Link: <https://www.youtube.com/watch?v=f4TnDma78Oo>

Together, discuss the fear the penguin had in the book. What is something you were scared of but used courage to overcome?

## Math & Science



### Inspire

**FLOATING AND SINKING BOATS.** Fill up a clear bucket with water. Have students create small boats by rolling up the edge of aluminum foil. Each student will place their boat in the water. Place marbles (or other counters) in the boat. Count how many marbles it took before each boat sank!

## Citizenship & Social Studies



### Empower

Introduce **CAMILLA** the **COURAGEOUS** Pig. Camilla is always brave when facing something new or difficult. Camilla always has the courage to choose kindness in everything she does. Camilla will follow us this entire month. Whenever we see **CAMILLA** (choose a **PIG** that will become Courageous Camilla) we think **COURAGE**. Camilla has courage and you do too! **Read WEEK 1 of the 'COURAGEOUS CAMILLA script' located at the end of this unit.**

## Music & Movement



### Reflect

Using the Singalong sheet at the end of the unit, chant the following:

**Special Me**  
by Kidz Soup

**Special, special, special me,  
How I wonder what I'll be.  
In this big world I can be,  
Anything I want to be.  
Special, special, special me,  
How I wonder what I'll be.**

## OPTIONAL PROJECT



### Project

Using the face printable below, have each student create their own face using basic art supplies. After they are finished, ask them what they like best about themselves. What makes them special? Write their answers along the outside of their face. Hang up the finished faces around the room to remind your class that it takes **COURAGE** to be yourself!

# Courage Week 2

**Theme:** Courage, Bravery, Kindness

**Book of the Week:** *Brave Little Owl* by Penny Little

**Materials:** Book of The Week, art supplies, construction paper strips, marker, boxes (one per student)

**Literacy**



**Share**

Read *Brave Little Owl* by Penny Little

Read Aloud Link: <https://youtu.be/hDSSmhS47sw>

Together, discuss how the brave little owl faces his fears. What do his siblings say to him? How does he use courage to push through?

**Math & Science**



**Inspire**

UP, DOWN, STOP, GO: The brave little owl spends a lot of time going up and down, stopping and going as he learns how to fly. Now it's your turn! Have students stand up. Show students how to follow each command (**up**- flap arms; **down**-squat down, **stop**- stand up, arms at your sides; **go**- flap around the room).

**Citizenship & Social Studies**



**Empower**

Courageous Camilla is back! Camilla is always brave when facing something new or difficult. Camilla always has the courage to choose kindness in everything she does. This week Camilla helps her friend overcome fear on the playground. How can you help your friends when they are scared? **Read WEEK 2 of the 'COURAGEOUS CAMILLA script' at the end of this unit.**

**Music & Movement**



**Reflect**

Using the Finger Play sheet at the end of the unit, chant the following:

**10 LITTLE MONSTERS**

by Anonymous  
To the Tune of "10 Little Indians"

**1 little, 2 little, 3 little monsters,**  
(show 1, 2, and 3 fingers as you sing each number)

**4 little, 5 little, 6 little monsters,**  
(show 4, 5, and 6 fingers as you sing each number)

**7 little, 8 little, 9 little monsters,**  
(show 7, 8, and 9 fingers as you sing each number)

**10 little monsters CAN'T SCARE ME!**  
(show all 10 fingers and then shake your head no!)

**10 little, 9 little, 8 little monsters,**  
(repeat hand motions but in reverse order)

**7 little, 6 little, 5 little monsters,**  
**4 little, 3 little, 2 little monsters,**

**1 little monster CAN'T SCARE ME!**

**OPTIONAL PROJECT**



**Project**

Box of Bravery! Using boxes on hand, have students decorate the outside. Then write down 1-3 examples of their own personal bravery on slips of construction paper and place them in their boxes!

# Courage Week 3

**Theme:** Courage, Bullying, Kindness

**Book of the Week:** *The Selfish Crocodile* by Michael Terry

**Materials:** Book of The Week, paper plates, stapler, popsicle sticks, basic art supplies

## Literacy



### Share

Read *The Selfish Crocodile* by Michael Terry

Read Aloud Link: [https://youtu.be/0-NhjfJ\\_RZI](https://youtu.be/0-NhjfJ_RZI)

As a class, discuss how the mouse used courage to help the crocodile. How do you think it felt to climb inside his mouth? Why did the mouse choose to be kind instead of selfish? How did the crocodile respond?

## Math & Science



### Inspire

**KINDNESS HOPSCOTCH:** Draw a basic hopscotch pattern on the ground (or use tape on the floor inside). Have students throw a rock onto one of the numbers. As they hop to that number, have them pick up the rock and name one kind act they did today before they finish the hopscotch.

## Citizenship & Social Studies



### Empower

**COURAGEOUS CAMILLA** is helping a school bully!! Camilla is always brave when facing something new or difficult. Camilla always has the courage to choose kindness in everything she does. Let's find out how Camilla uses **COURAGE** this week! **Read WEEK 3 of the 'COURAGEOUS CAMILLA script' located at the end of this unit.**

## Music & Movement



### Reflect

Using the fingerplay sheet at the end of the unit, chant the following:

#### Three Kind Mice

by Kathryn Rateliff Barr

Sung to the tune of "Three Blind Mice"

**Three kind mice, Three kind mice**

(Hold up 3 fingers)

**Kind as can be, Kind as can be.**

Give yourself a hug)

**They always share their corn and cheese,**

(Pretend to pass out food)

**They always say 'thanks' and 'please',**

(Put hands together to say please)

**They remember it's not nice to tease,**

(use pointer finger to say "no")

**They're three kind mice,**

(Hold up 3 fingers)

**They're three kind mice!**

(Hold up 3 fingers)

## OPTIONAL PROJECT



### Project

**SELFISH vs KIND Faces.** Give each student 2 paper plates. Have them draw a selfish face on one and a kind face on the other. Staple them back to back with a popsicle stick in the middle. Reread the book and have them vote on selfish and kind acts using the faces they made.

# Courage Week 4

**Theme:** Courage, Random Acts of Kindness

**Book of the Week:** *Kindness Makes Me Stronger* by Elizabeth Cole

**Materials:** Book of The Week, random small object, small bag, construction paper, basic art supplies (may vary, see project)

## Literacy



### Share

Read *Kindness Makes Me Stronger* by Elizabeth Cole

Read Aloud Link: <https://youtu.be/BVgQ7-m0Mqw>

Together, review all the different examples of courage and kindness shown in the book. Next, make a list of all the ways you can be kind at school.

## Math & Science



### Inspire

**THINGS IN COMMON MATCHUP-** Place random objects in a bag. Have each student choose two objects. What do they have in common? Same color? Same shape? Same size? It takes courage to be kind to others, even when we seem different at first. Look for things you have in common first!

## Citizenship & Social Studies



### Empower

Talk with CAMILLA the COURAGEOUS Pig about how much your class has learned about courage. Whenever we see CAMILLA we think COURAGE. Even though this is our last week on Courage, Camilla will stay with us this year to remind us to always choose courage by being kind to ourselves and others. **Read Part 4 of the CARING CHLOE script at the end of this unit.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, chant the following:

#### Let's Find a Friend

By Anonymous

Sung to: "The Farmer in the Dell"

Form a circle with everyone facing inward.

Sing:

**Let's find a friend,  
Oh let's find a friend  
Heigh-Ho the Derry-O!  
Let's find a friend!**

*\*Pick a Child to start in the center\**

**( ) find a friend,  
( ) find a friend,  
Heigh-Ho The derry-o!  
( ) find a friend.**

(Have the child choose a partner to be in the middle of the circle.)

*\*Repeat until every child has found a friend.\**

## OPTIONAL PROJECT

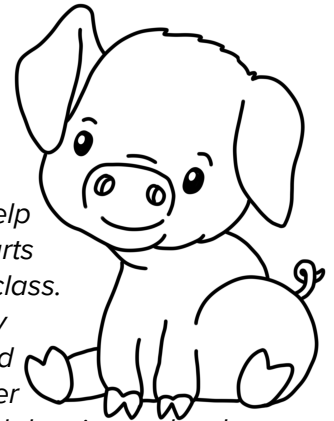


### Project

RAKs: 'Random Acts of Kindness' (Or RAKs) are where you do kind things for others for no reason. It can be big things or little things. Students will work together to do an unexpected act of kindness at school. Your class can choose anything. One idea is to make cards for the staff. Anything goes!

## Courageous Camilla Script- WEEK 1

Meet Camilla she is a 4-year-old pig that is part of our RAK family! Camilla always shows courage with her kind words and actions. Camilla will follow us this entire month. Whenever we see CAMILLA (Show pig), we think about COURAGE. Camilla is courageous. Courageous Camilla loves to try new things, overcome her fears, and help others feel brave and courageous too! Sometimes Camilla feels scared when she starts something new, but that doesn't stop her from trying! Today is her first day of dance class. She doesn't know any of the other animals in her class. At first, Camilla stands quietly and doesn't really know what to do. Her teacher sees that she is feeling a little scared so she reaches her hand out to Camilla. Camilla smiles and feels brave. She grabs her teacher's hand and starts dancing to the music. She loves the beats of the drums and dancing makes her so happy inside. Camilla uses COURAGE to overcome her fears. What can you do when you are in a new place and feel scared?



## Courageous Camilla Script- WEEK 2

Camilla is back! Who remembers COURAGEOUS CAMILLA? Camilla is courageous. Courageous Camilla loves to try new things, overcome her fears, and help others feel brave and courageous too! One day Camilla is playing at the playground in her neighborhood. Her friend Raphael is there too. He looks at the big slide. "I wish I could go on that slide," he says. "It's just so high and fast! I'm too scared." Camilla loves the big slide. In fact, it is her favorite part of the playground. "Oh Raphael, don't be scared. The big slide only seems scary from down here. It's actually super fun! I'll slide in front of you first if you want. That's what my big sister did for me!" Raphael thinks about it and decides to try it out. As he slowly climbs to the top of the big slide, he feels scared again. "I have COURAGE, yes I do! If Camilla can do it, I can slide down too!" he says to himself. Camilla and Raphael slide down together and he quickly realizes she was right. The big slide was super fun! Camilla used her courage to help Raphael overcome his fears. How can you help a friend?

### Courageous Camilla Script- WEEK 3

*Camilla is at school today. Let's see what COURAGEOUS CAMILLA is doing this time. She is playing in the block center. A bigger, older student keeps knocking down her buildings. Camilla is feeling very upset, but knows that kindness is always the best and most courageous choice with bullies. Camilla asks the bully to stop knocking over her buildings. She then invites him to play with her. "I see that you keep knocking down my buildings. Do you want to build TOGETHER instead?" she asks. The bully thinks about it. He picks up a block and puts it on top of hers. She smiles and thanks him. They spend the rest of the morning building a huge castle with all the blocks in the center. COURAGEOUS CAMILLA stood up to the bully with kindness. What else could she have said? Have you ever used COURAGE to stand up to a bully? What happened?*

### Courageous Camilla Script- WEEK 4

*Camilla is back home this week. She learned all about the COURAGE it takes to be KIND. Her teacher told the class about 'Random Acts of Kindness' (Or RAKs) where you do kind things for others for no reason. It can be big things or little things. Camilla decides to do some RAKs at home for her family members. She looks around and sees a pile of dishes drying on the counter. She decides to dry and put them away, even though no one asked her to. Her mom comes a little later and sees the RAK of all the dishes put away in the cupboards. "Wow, what a nice surprise!" she says as she moves on to her next chore. Camilla doesn't say anything but just smiles. Next, she goes into the backyard and sees a huge pile of shoes all mixed together. "I can sort those for everyone to help them!" she thinks. She sorts them quickly and heads outside. That night her family is heading out and all her brothers and sisters race outside to get their shoes. "Wow! I can find my shoes so easily," says her brother. Camilla again just smiles as she walks out the door. What else could Camilla do for her family? What RAKs can you do at your home to spread kindness to others?*





**Special Me**  
by Kidz Soup

**Special, special, special me,**

**How I wonder what I'll be.**

**In this big world I can be,**

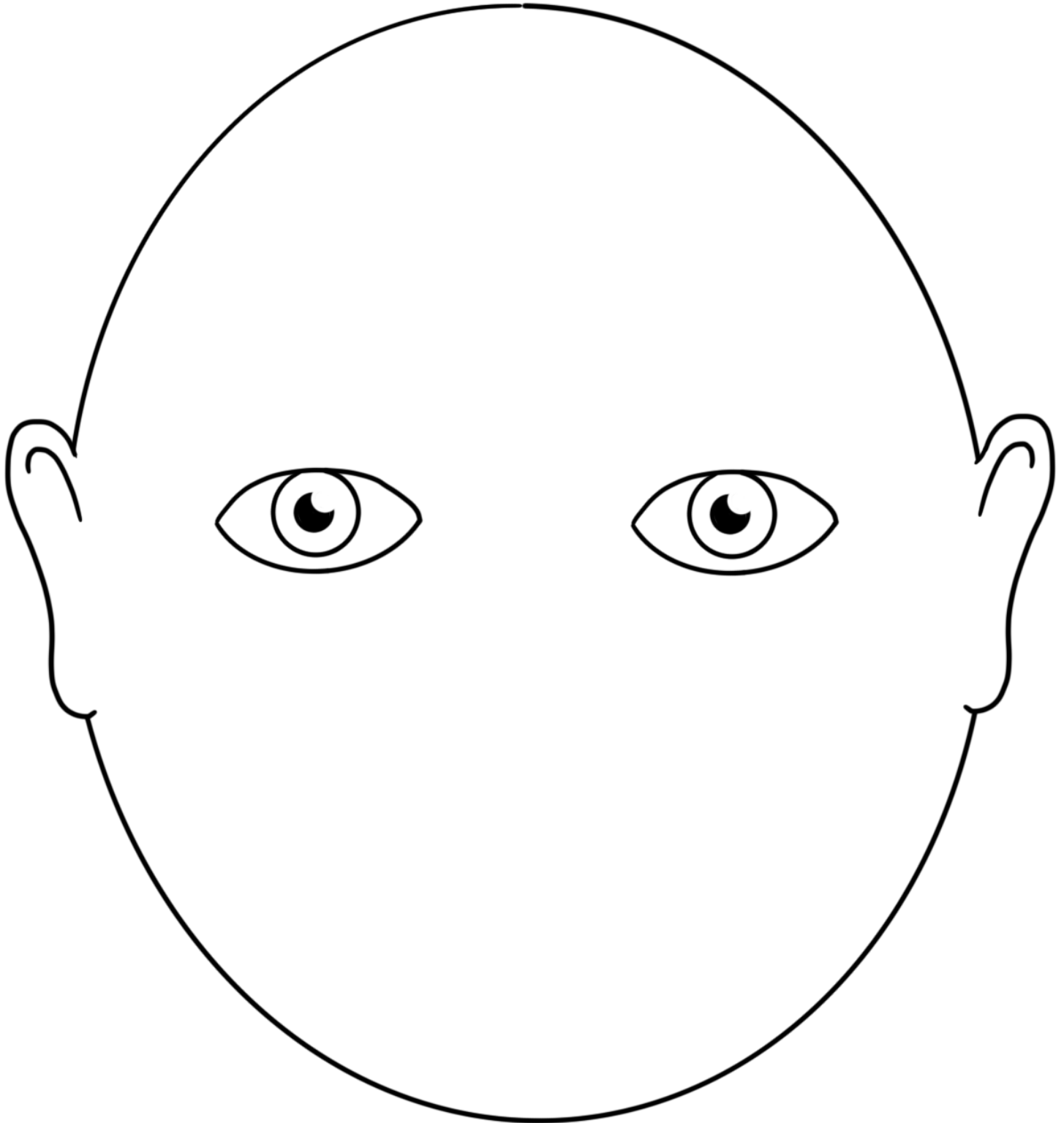
**Anything I want to be.**

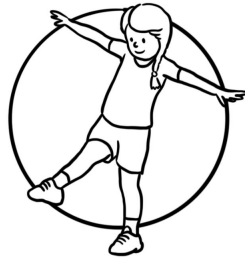
**Special, special, special me,**

**How I wonder what I'll be.**

**Directions:** Have the student fill in the face below to look like themselves. Then ask them for personal affirmations. Write their answers along the outside of their face.

# I AM SPECIAL!





## **10 LITTLE MONSTERS**

**by Anonymous**

To the Tune of “10 Little Indians”

**1 little, 2 little, 3 little monsters,**

(show 1, 2, and 3 fingers as you sing each number)

**4 little, 5 little, 6 little monsters,**

(show 4, 5, and 6 fingers as you sing each number)

**7 little, 8 little, 9 little monsters,**

(show 7, 8, and 9 fingers as you sing each number)

**10 little monsters CAN’T SCARE ME!**

(show all 10 fingers and then shake your head no!)

**10 little, 9 little, 8 little monsters,**

(repeat hand motions but in reverse order)

**7 little, 6 little, 5 little monsters,**

**4 little, 3 little, 2 little monsters,**

**1 little monster CAN’T SCARE ME!**



**Three Kind Mice**  
**by Kathryn Rateliff Barr**

Sung to the tune of “Three Blind Mice”

**Three kind mice, Three kind mice**  
(Hole up 3 fingers)

**Kind as can be, Kind as can be.**

Give yourself a hug)

**They always share their corn and cheese,**  
(Pretend to pass out food)

**They always say ‘thanks’ and ‘please’,**  
(Put hands together to say please)

**They remember it’s not nice to tease,**  
(use pointer finger to say “no”)

**They’re three kind mice,**  
(Hold up 3 fingers)

**They’re three kind mice!**  
(Hold up 3 fingers)



## **Let's Find a Friend** **By Anonymous**

Sung to: "The Farmer in the Dell"

Form a circle with everyone facing inward.

Sing:

**Let's find a friend,  
Oh let's find a friend  
Heigh-Ho the Derry-O!  
Let's find a friend!**

*\*Pick a Child to start in the center\**

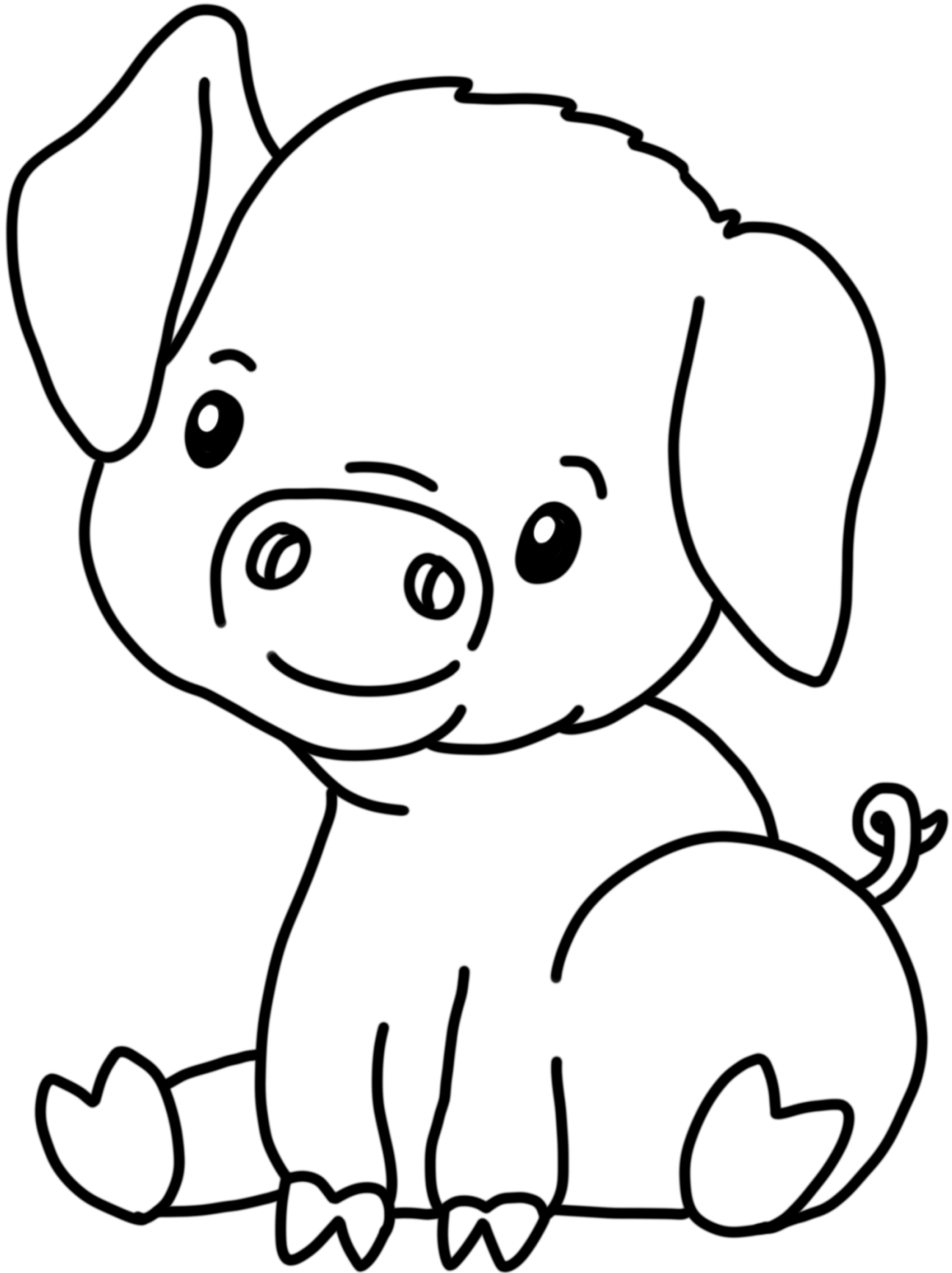
**( \_\_\_\_\_ ) find a friend,  
( \_\_\_\_\_ ) find a friend,  
Heigh-Ho The derry-o!  
( \_\_\_\_\_ ) find a friend.**

(Have the child choose a partner to be in the middle of the circle.)

*\*Repeat until every child has found a friend.\**

Then Sing:

**We all found a friend,  
We all found a friend,  
Heigh Ho! The derry-o!  
We all found a friend.**



**C is for Courage**