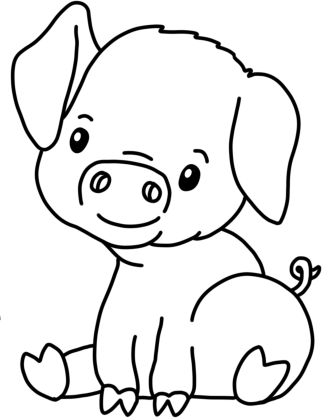


# Courage



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, this cycle can be used during the second half of the year for your older 4-6 year old class. 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 4 learning domains:
  - **Literacy** There are 4 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, Bravery, Kindness**
  - Week 2: **Courage, Bravery, Kindness**
  - Week 3: **Courage, Kindness**
  - Week 4: **Courage, 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**)
  - Kindness Capes (**Math**)
  - Bravery Badge (**Citizenship**)
  - Five Scary Monsters (**Music & Movement**)
  - **And more..!**

# Courage

<b>RAK Concept:</b> <b>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>
<b>Week 1</b> <i>Themes:</i> Courage, Bravery, Kindness  <b>PROJECT-</b> Silly Monsters	<i>Brave As Can Be</i> by Jo Witek  <a href="https://youtu.be/3rx2QYbLCCs">https://youtu.be/3rx2QYbLCCs</a>	Design a Monster Printable	Camilla faces her fear of singing in front of her friends.	Five Scary Monsters
<b>Week 2</b>  <i>Themes:</i> Courage, Bravery, Kindness  <b>PROJECT-</b> Bravery Badge	<i>Bravery Soup</i> by Maryann Cocca-Leffler  <a href="https://youtu.be/uM4dBF82fkE">https://youtu.be/uM4dBF82fkE</a>	Nature Sink or Float	Camilla uses courage to help her sibling be brave at night.	If You Ever See a Monster
<b>Week 3</b> <i>Themes:</i> Courage, Kindness  <b>PROJECT:</b> Thumbs Up/Heart Necklace	<i>Kindness Gets a                      Thumbs Up!</i> by Brenda Li  <a href="https://youtu.be/PSA4oY4JvNY">https://youtu.be/PSA4oY4JvNY</a>	Thumbs up/Thumbs Down game	Camilla is kind to a bully during recess.	Kindness is a Value Fingerplay by Jan Maples
<b>Week 4</b> <i>Themes:</i> Courage, Kindness  <b>PROJECT:</b> Random Acts of Kindness	<i>Kindness is My Super                      Power</i> by Alicia Ortego  <a href="https://www.youtube.com/watch?v=6P-Y_M9q7RM&amp;t=180s">https://www.youtube.com/watch?v=6P-Y_M9q7RM&amp;t=180s</a>	Kindness Capes	Camilla does random acts of kindness in her community.	Love Your Friends Song

# Courage Week 1

**Theme:** Courage, Bravery, Kindness

**Book of the Week:** *Brave As Can Be* by Jo Witek

**Materials:**

Book of The Week, DESIGN A MONSTER printable, basic art supplies, paper plates, glue stick, googly eyes

**Literacy**



**Share**

Read *Brave As Can Be* by Jo Witek

Read Aloud Link: <https://youtu.be/3rx2QYbLCCs>

Together, discuss the mountain of fear at the beginning of the book. What happens after the main character faces their fears?

**Math & Science**



**Inspire**

DESIGN A MONSTER Using the printable below, Have students complete each monster design using the correct number of arms, eyes, hats, etc. Silly monsters remind us that we can be brave whenever we feel scared. We use COURAGE to face our fears and overcome them!

**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 at the end of this unit.**

**Music & Movement**



**Reflect**

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

**5 Scary Monsters**

By Anonymous

**5 scary monsters howling a roar,**

(show 5 fingers and pretend to shout)

**One ran away, and then there were 4.**

(show 4 fingers)

**4 scary monsters hiding in a tree,**

(cover your eyes)

**One fell out, and then there were 3.**

(show 3 fingers)

**\*See fingerplay sheet below for the remaining lyrics\***

**OPTIONAL PROJECT**



**Project**

Create Silly Monsters! Provide each student with a paper plate, construction paper strips, googly eyes, and extra paper to cut as needed. Have students think back to the MONSTER DESIGN activity earlier this week. Now it's your turn to design your OWN monster. How many arms, legs, eyes, ears, etc. will it have? What will you name it? Have students present their monster after they finish creating it. When we talk about our fears, we are using COURAGE!

# Courage Week 2

**Theme:** Courage, Bravery, Kindness

**Book of the Week:** *Bravery Soup* by Maryann Cocca-Leffler

**Materials:** Book of The Week, art supplies, construction paper circles (small, medium, large for each student), stickers

**Literacy**



**Share**

Read *Bravery Soup* by Maryann Cocca-Leffler

Read Aloud Link: <https://youtu.be/uM4dBF82fkE>

Together, discuss all the fears the raccoon has at the beginning of the book.

How does he make it to the cave to get the box?

**Math & Science**



**Inspire**

FLOAT or SINK Head outside and find items in nature to test. Which float and which sink? If desired, create a graph of your results. Look back in our book this week- which of the items given to the raccoon by his friends would float the best? Why? In the end, Raccoon didn't need anything except COURAGE to reach the cave and get the box!

**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 brother overcome fear at home. How can you help someone be brave? **Read WEEK 2 of the COURAGEOUS CAMILLA script at the end of this unit.**

**Music & Movement**



**Reflect**

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

**If You Ever See a Monster**

by Anonymous

To the tune of Did you Ever See a Lassie

**If you ever see a monster,**

**A big ugly monster,**

**If you ever see a monster,**

**Here's what you do!**

**Make this face...**

(teacher makes a silly face, students copy it)

**And this face...**

(point to a student to make a face that the class copies)

**If you ever see a monster,**


**Be sure to shout BOOOOO!!!**

**OPTIONAL PROJECT**



**Project**

Bravery Badge! Give students 3 different sized circles and have them glue them

together like this:  Have them draw a star in the middle and add stickers for times they were brave this week!

# Courage Week 3

**Theme:** Courage, Bullying, Kindness

**Book of the Week:** *Kindness Gets a Thumbs Up!* By Brenda Li

**Materials:** Book of The Week, Thumbs Up/Down printable, Thumbs Up/Heart printable, scissors, basic art supplies, hole punch, yarn

## Literacy



### Share

Read *Kindness Gets a Thumbs Up!* By Brenda Li

Read Aloud Link: <https://youtu.be/PSA4oY4JvNY>

As a class, discuss the different emojis in the book. What does thumbs up mean? What does a thumbs down mean?

## Math & Science



### Inspire

Thumbs up/Thumbs Down Game: Using the printable below, read each statement aloud. If the person is showing kindness, students give a thumbs up and take 3 steps forward. If they are being unkind, students give a thumbs down and take 1 step backward.

## Citizenship & Social Studies



### Empower

**COURAGEOUS CAMILLA** is helping a park 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:

**Kindness is a Value** by Jan Maples (To the Tune of "I'm a Little Teapot")

**Kindness is a value full of fun.**

(Hold up pointer finger on right hand)

**Kindness is simple once you've begun.**

(Snap fingers)

**Who should you be kind to?**

(Shrug shoulders)

**Everyone!**

(Raise hands)

**And you can show them how it's done.**

(Point finger at children)

## OPTIONAL PROJECT



### Project

**THUMBS UP/HEART necklace:** Using the printable below, have students decorate their thumb and heart, cut it out, and glue it onto construction paper or cardstock. Punch a hole and add yarn to make a necklace. Go back through our book this week and decide when someone shows **KINDNESS** (show your heart) and when someone feels better (show your thumbs up).

# Courage Week 4

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

**Book of the Week:** *Kindness is My Super Power* by Alicia Ortego

**Materials:** Book of The Week, brown paper bags, scissors, basic art supplies, cardstock (may vary, see project)

## Literacy



### Share

Read *Kindness is My Super Power* by Alicia Ortego

Read Aloud Link: [https://www.youtube.com/watch?v=6P-Y\\_M9q7RM&t=180s](https://www.youtube.com/watch?v=6P-Y_M9q7RM&t=180s)

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

**KINDNESS CAPES** Using a paper bag, draw a line along the outside crease on the sides and bottom and cut along it (This will make 2 capes). Draw a curved line along the bottom of the bag and cut it out. Unfold the creases at the bottom of the bag. Punch a hole on both sides and tie strings on them. Read our book again and have students put a star on their cape for every kind act they count! Let them decorate them as well. Link for directions with images here:

<https://offtheshelf.typepad.com/off-the-shelf/2012/08/make-a-cape-from-a-paper-bag.html>

## 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 COURAGEOUS script at the end of this unit.**

## Music & Movement



### Reflect

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

**Love Your Friends  
by Anonymous**

To the tune of Row, Row, Row Your Boat

**Love, love, love your friends,**

**Different as they seem.**

**Playing, laughing, joking, helping,**

**True friends are like a dream!**

## 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 bookmarks and hide them in library books in another classroom!. 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! Camilla loves to sing, but she has never sung in front of friends. She worries that maybe they will laugh at her or say she is a bad singer. She talks to her father about her fear. He tells her to close her eyes and sing for him. He has heard her sing before and reminds her that her voice is a true gift to others. She closes her eyes and sings beautifully.



"Now do that same thing with your friends!" he tells her. The next day at school, she walks up to her friends. "I have a special song for you", she tells them. She closes her eyes, takes a deep breath, and sings her song. At first, her voice is really quiet, but then she remembers how much she loves singing and she relaxes, singing loudly and proudly. "Wow, your voice is amazing!" her friend shouts. Camilla feels so happy now! Camilla uses COURAGE to overcome her fears. What can you do when you feel too scared to do something? Who can you talk to help you feel brave?

## 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! Camilla is at home tonight and her brother is too scared to sleep in his own bed. "Camilla, I just know there is a big, scary monster under my bed!" he says. Camilla thinks back to when she was scared of monsters. "I know just how you feel," she says. "But then I put a sign up with a picture saying "Nice Monsters ONLY" right by my bed. From then on I wasn't scared anymore. We read a book about nice monsters in school and those ones made me laugh!" She tells her brother about the silly monster she made at school and then asks him to come up with one as well. He feels better now and makes a sign for his bed too. Camilla used COURAGE to help her brother overcome his fear of monsters. She was willing to share that she also had that fear as well before she became brave. What is one fear you used to have? How did you use COURAGE to get over it?

### Courageous Camilla Script- WEEK 3

*Camilla is at school today. Let's see what COURAGEOUS CAMILLA is doing this time. It is recess and she is playing on the jungle gym. A bigger, older child keeps pushing her off the monkey bars. Camilla is feeling very upset but knows that kindness is always the best and most courageous choice with bullies. Camilla walks over to the bully and says, "You are not being kind when you push me off the monkey bars. Our teacher asks us to be respectful and caring when we play together. If you can be nice, I would be happy to play with you!" The bully stops and thinks about it. She reaches out her hand to Camilla and says, "You are right. I was being mean, I'm sorry. Let's play monkeys together!" 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?*

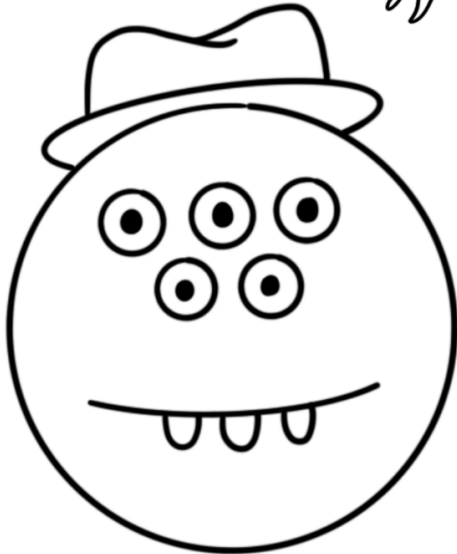
### Courageous Camilla Script- WEEK 4

*Camilla is on a walk in her community 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 in her town. She looks around and sees garbage lying all over the farm next door. It blew in from the storm last night. She decides to pick it up and throw it all away even though no one asks her to. Her neighbor comes out and sees the clean pasture. "Wow, one less thing for me to worry about this morning!" she says as he walks over to his horses. Camilla doesn't say anything but just smiles. Next, she notices that the gate to the chicken coop was accidentally left open. She quickly closes it so no foxes can get in to hurt her chicken friends. "Gee, thanks Camilla!" says the mother hen. "A fox could really hurt my baby chicks." Camilla again just smiles as she walks down towards the horses. What else could Camilla do for her community? What RAKs can you do where you live to spread kindness to others?*

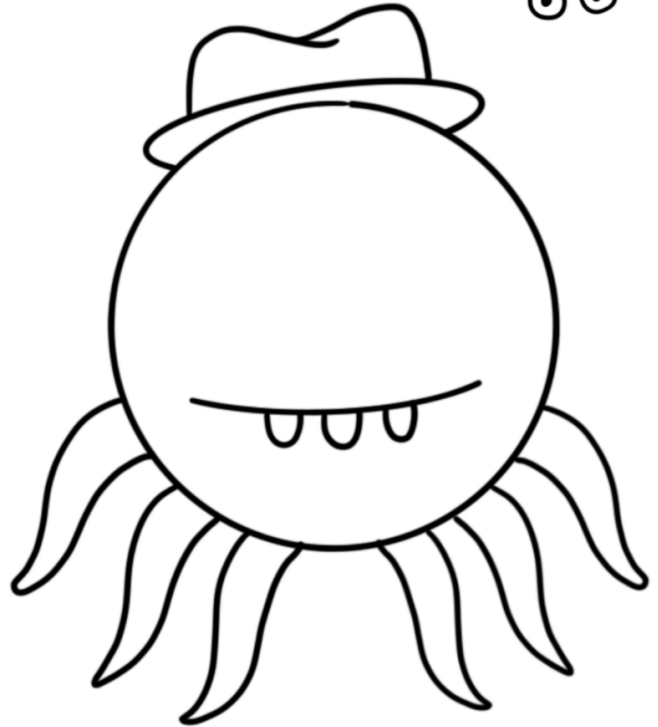


**Directions:** Draw the missing parts on each monster! Make sure to pay attention to the number given.

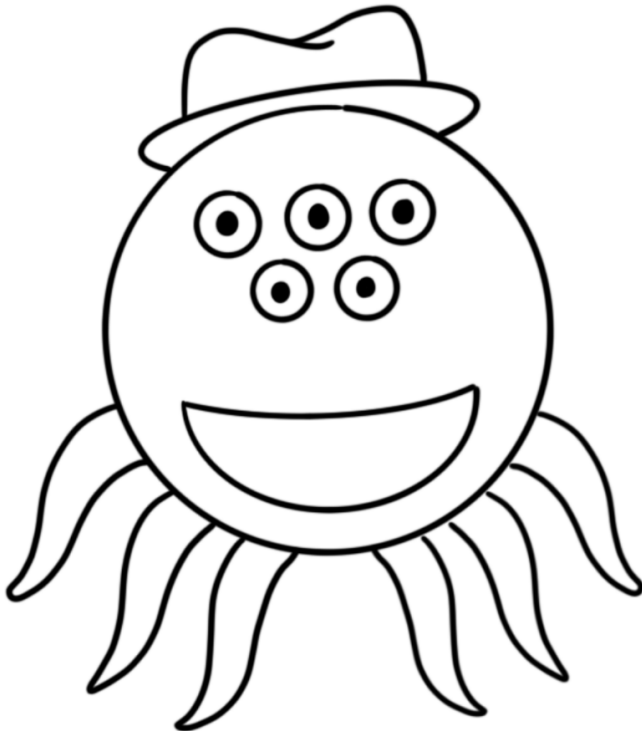
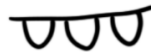
Give me **6 arms**



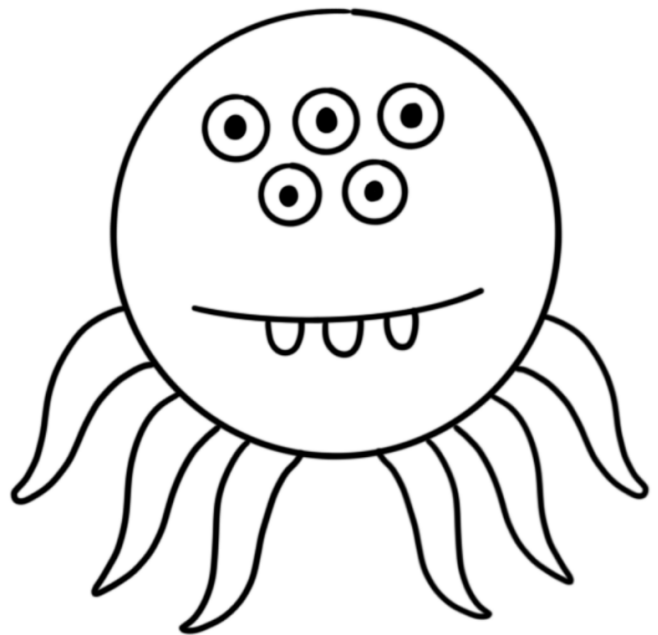
Give me **5 eyes**



Give me **3 teeth**



Give me **1 hat**





## Five Scary Monsters

**5 scary monsters howling a roar,**

(show 5 fingers and pretend to shout)

**One ran away and then there were 4.**

(show 4 fingers)

**4 scary monsters hiding in a tree,**

(cover your eyes)

**One fell out, and then there were 3.**

(show 3 fingers)

**3 scary monsters eating spider stew,**

(pretend to eat soup)

**One got sick, and then there were 2.**

(show 2 fingers)

**2 scary monsters having lots of fun,**

(smile and laugh)

**One ran off, and then there was 1.**

(show 1 finger)

**1 scary monster, afraid to be a hero,**

(make a scared face)

**He ran away, and then there were zero!**

(make a zero with your hand)



## **If You Ever See a Monster by Anonymous**

To the tune of Did you Ever See a Lassie

**If you ever see a monster,  
A big ugly monster,  
If you ever see a monster,  
Here's what you do!  
Make this face...**

(teacher makes a silly face, students copy it)

**And this face...**

(point to a student to make a face that the class copies)

**And this face...**

(point to another student)

**And this face...**

(point to another student)

**If you ever see a monster,  
Be sure to shout BOOOOO!!!**

## THUMBS UP, THUMBS DOWN GAME

**Directions:** Read each statement below. Students must decide if it shows KINDNESS and COURAGE. If it does, they show a thumbs up and take 3 steps forward. If it is unkind, they show a thumbs down and take 1 step backward.

**Read the following aloud:**

- 1. Ramone picks up garbage on the playground even though he didn't make the mess.**
- 2. Chloe walks away when she sees her friend crying by herself.**
- 3. Izzy and Harry make a card for their sick teacher.**
- 4. Isaac helps his brother to reach the top of the jungle gym at the park.**
- 5. Raphael throws his shoes on the floor after he gets home from school.**
- 6. Chloe doesn't put away all the dishes after her mom asks her to.**
- 7. Camilla stands up to a bully on the playground.**
- 8. Ramone gives his mom a hug after she comes home from a long day at work.**



## **Kindness is a Value**

**by Jan Maples**

To the Tune of “I’m a Little Teapot”

**Kindness is a value full of fun.**

**(Hold up pointer finger on right hand)**

**Kindness is simple once you’ve begun.**

**(Snap fingers)**

**Who should you be kind to?**

**(Shrug shoulders)**

**Everyone!**

**(Raise hands)**

**And you can show them how it’s done.**

**(Point finger at children)**

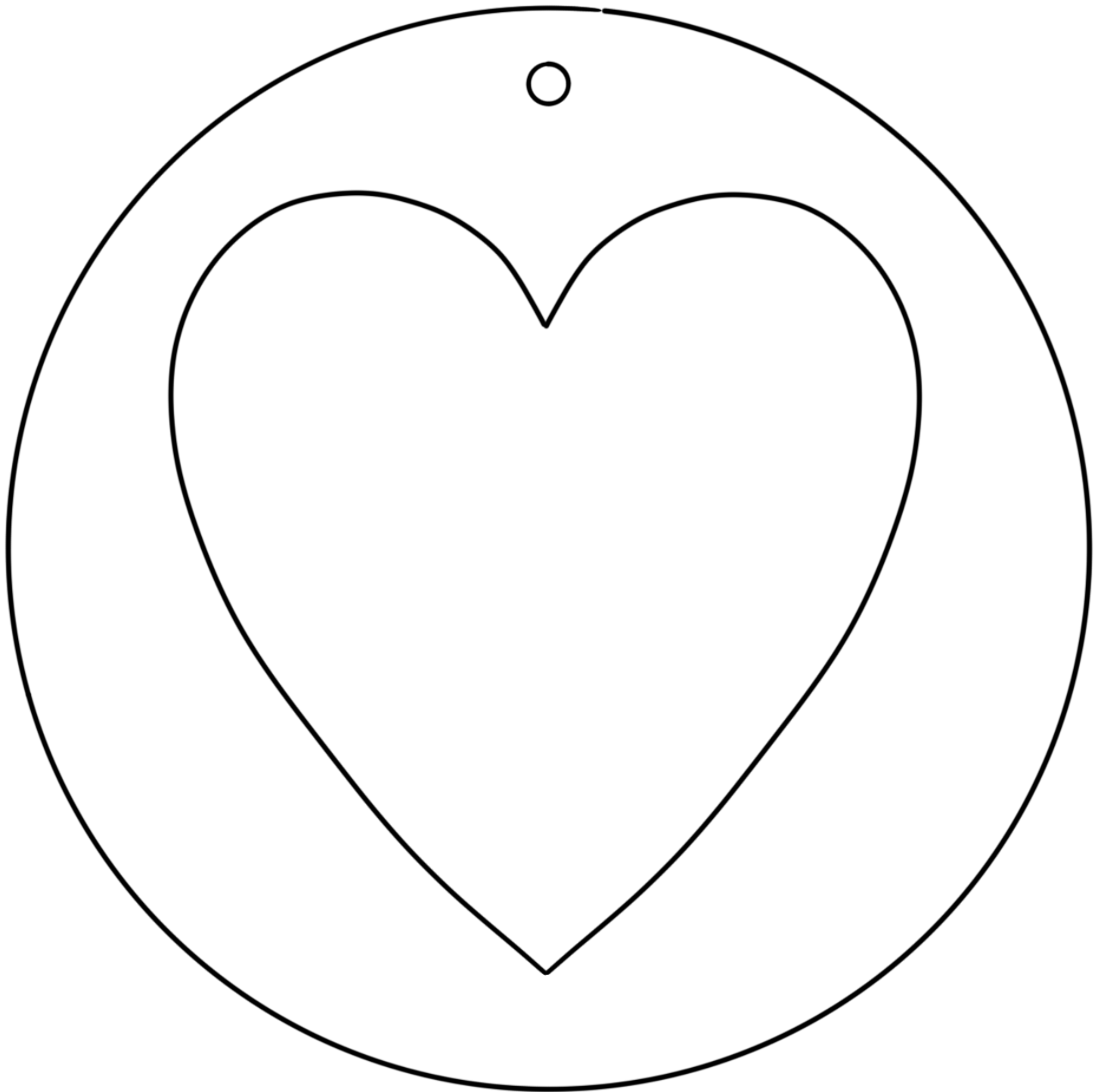
## THUMBS UP, HEART PRINTABLE

**Directions:** Color the THUMBS UP and HEART pictures. Cut them out and glue them back to back. Punch a hole at the top and tie yarn to make a necklace.



## THUMBS UP, HEART PRINTABLE

**Directions:** Color the THUMBS UP and HEART pictures. Cut them out and glue them back to back. Punch a hole at the top and tie yarn to make a necklace.





**Love Your Friends  
by Anonymous**

To the tune of Row, Row, Row Your Boat

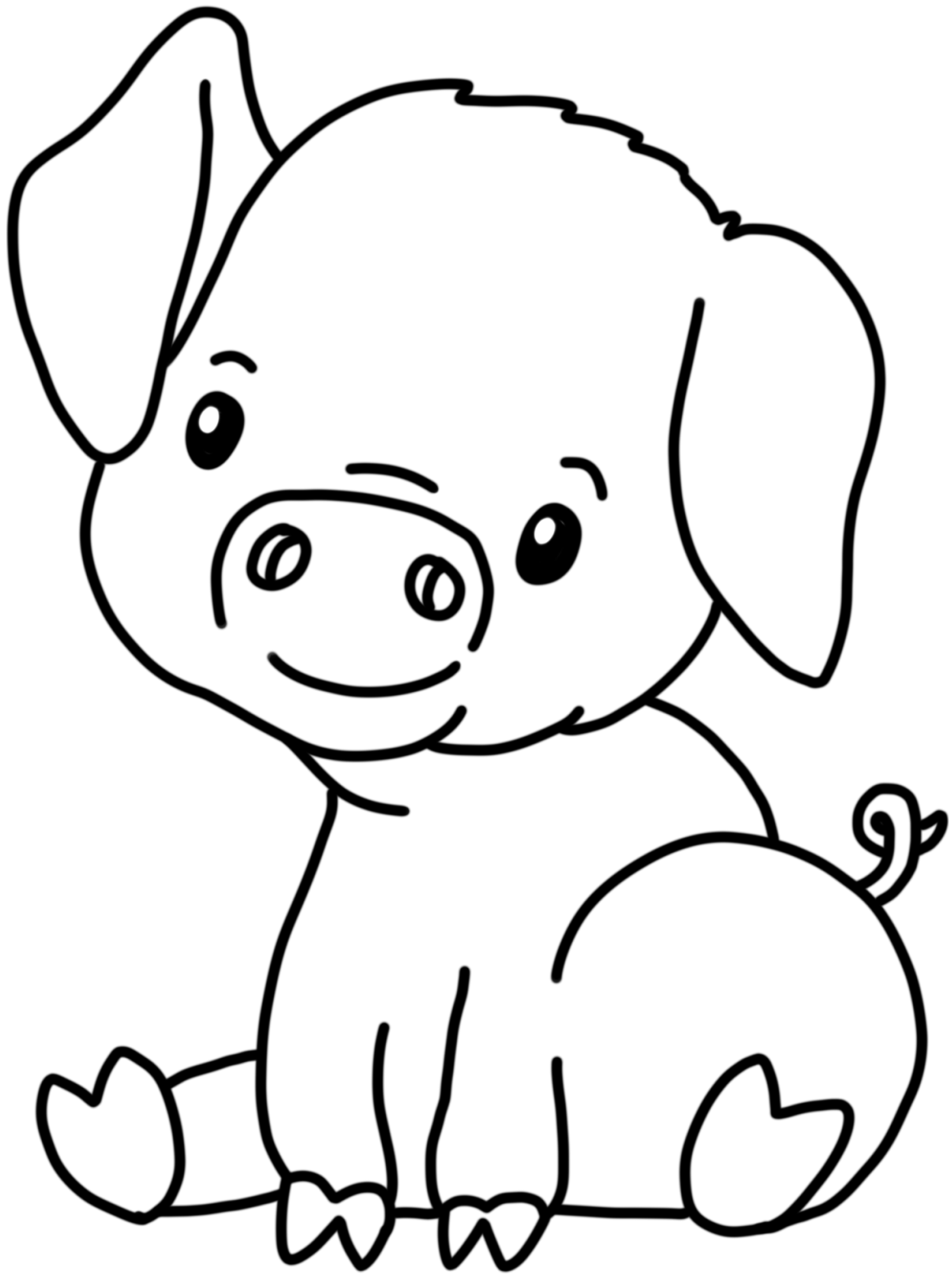
**Love, love, love your friends,**

**Different as they seem.**

**Playing, laughing, joking, helping,**

**True friends are like a dream!**





**C is for Courage**