



Let Kindness Guide You

This year's theme of Let Kindness Guide You focuses on kindness being the foundation of all we do, simply put, kindness should serve as our moral compass. The lessons will combine adventure racing and team building activities while incorporating themes previously taught throughout health. moves. minds. lessons and mini-lessons. When you Let Kindness Guide You, you won't get lost!

Lesson Name: Let Kindness Guide You Obstacle Course Adventure Race

Unit Name: Kindness

Grade Level: 6-8

Lesson Length: This lesson will include three smaller mini-lessons with a culminating obstacle course activity.

Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the mini-lesson. A sample list of common accommodations and modifications to aid you in selecting appropriate supports for students can be found under "Additional Resources" [here](#).

Lesson Objective(s):

- Students will be able to problem-solve and cooperate with multiple classmates during the adventure race and other team-building activities.
- Students will be able to define equity, diversity and inclusion and explain how the terms relate to each other.
- Students will be able to explain what a moral compass is and how it relates to respect and kindness through the Let Kindness Guide You theme.

Equipment Needed:

- Polyspots
- Hula hoops (1 per group)
- Tennis balls (1 per group)
- Jump ropes
- Large cones
- Foam balls (1 per group)
- Deck rings (1 per group)
- Dome cones or short cones
- Task cards (1 per group)
- Station Cards (see last few pages)

CASEL Core SEL Competency:

Relationship skills

- Developing positive relationships
- Practicing teamwork and collaborative problem-solving

National Standards and Grade-Level Outcomes for K-12 Physical Education:

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- S4.M2.6 Personal responsibility
- S4.M5 Working with others

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- S5.M6 Social Interaction

Lesson Overview:

This lesson will include three smaller mini-lessons with a culminating adventure race activity. Each smaller activity can be done as an instant activity, warm-up or closing activity to an already planned lesson. The culminating activity will combine the smaller activities in an adventure race.

Definitions:

Equity

is the quality of being fair and impartial.

Diversity

is a range of differences that make us unique.

Inclusion

is being included within a group

Respect

Means that you are kind enough to consider other people's feelings, wishes, rights, or traditions before you act.

Moral Compass

is a person's set of beliefs and values that they use to make decisions; a person's sense of right and wrong.

Activity Progression:

Determine how you want to implement the lead up activities below. It's suggested to implement one activity each day prior to the culminating activity— the Let Kindness Guide You Adventure Race. The Let Kindness Guide You theme can be omitted for a general focus on kindness and teamwork. Teachers can substitute or change activities as needed to fit the needs of their students or align with the current unit they're teaching.

Activity 1 – Introduction and Barb wire

Example script: “This year's health. moves. minds. theme is Let Kindness Guide You. [Show the logo to the class.] Based on this image, what do you think that means? [Allow students to answer.] I love all these answers! Have you ever heard of the term "moral compass"? A compass, like the one in the picture, is used to help give directions like north, south, east, west and people typically might use a compass when they are traveling when there is no clear path. A moral compass refers to a person's set of beliefs and values that they use to make decisions. A moral compass is a person's sense of right and wrong. The theme and logo implies that we should choose kindness to guide us and to use kindness as our moral compass. Choosing kindness will keep us on the right path!

This week we are going to really focus on kindness and teamwork. Each day we will do an activity that focuses on teamwork which will really make us practice being kind to one another. You may have already experienced that working with others can sometimes be challenging. Then we will end the week with an adventure race where you will have to work together as a team.”

Organize students into groups of five or six. Set up “barbwire” for each group. The barb wire will be two large cones, similar to traffic cones, (about 3 feet off the ground) with a long jump rope or rope between the cones. If large cones are not available, use classroom chairs.

Students will try to cross over the “barb wire” without touching it. All students in each group must stay connected the entire time no matter which side of the barb wire they are on. If the barbwire is touched or the connection is broken, they must start over.

Rules:

- Cannot go around or under the barbwire.
- Once a person has crossed the barbwire they must stay on that side.
- No diving or jumping over the barbwire.
- Only one person can try to cross at a time.

Modifications:

- Change the height of the rope. The higher the rope the harder it is to cross.
- Allow students to use a pool noodle, another jump rope, or hula hoop to stay connected to one another.
- Have students add rules or challenges like not being able to speak.

Optional: For a class challenge, tie a rope between two volleyball stands and have the entire class try to cross over.

Debrief with students about the activity.

- What challenges did your group face?
- What was the most important part of the activity?
- Did anyone get frustrated at some point? How did you make sure to remain kind even though you were frustrated?
- What are some ways we can avoid being frustrated during teamwork challenges this week? (For this question, the answers should focus on planning to solve a problem, communicating clearly, assigning a leader or roles in a group, taking a step back when getting frustrated, etc.)

Example script: “This was a really fun activity to watch you all work through. This challenge really took teamwork. As we work throughout the week to complete various team work challenges, we must really focus on being kind to one another. Can someone explain what a moral compass is again? [Allow students to answer.] That’s right a moral compass refers to someone’s beliefs and values and is a person’s sense of right and wrong. We will continue with that theme this week.”

Fundraising Focus: *If your school is choosing to implement a health. moves. minds. Fundraiser, share how the entire school is working together to achieve the goal of raising money to support your school and/or local charity, an example of teamwork. Raising money to help others is one way we can show kindness.*

Want access to the rest of the mini-lessons in this series? Complete this form!



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LET
Kindness
GUIDE YOU

The text is surrounded by decorative elements: a trail of blue footprints leads from the bottom right towards the word "Kindness", and a red and blue compass rose is positioned at the bottom left, pointing towards the word "GUIDE". The entire central text is enclosed within a dashed blue circular border.