



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: 3-5

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 work together in small groups to complete various teamwork challenges.
- Students will be able to define and give examples of respect and communication.
- Students will be able to explain how kindness can be like a compass.

CASEL Core SEL Competency:

Relationship skills

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

Equipment Needed:

- Polyspots
- Hula hoops (1 per student)
- Station Cards (see last few pages)
- Tennis balls (1 per group)
- Gym mats, tarps or blankets
- Carpet squares or folded exercise mats
- 4-5 jump ropes
- 6 large cones
- Dome cones or short cones
- Task cards (1 per group)

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

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

- S3.E2.3 Engages actively in the activities of physical education class without teacher prompting.
- S3.E2.4 Engages actively in the activities of physical education class, both teacher-directed and independent.
- S3.E2.5 Engages actively in all of the activities of physical education.

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

- S4.E4.3a Works cooperatively with others.
- S2.E2.4 Reflects on personal social behavior in physical activity.

Lesson Overview:

This lesson will include three smaller mini-lessons with a culminating obstacle course adventure race. 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 obstacle course style adventure race.

Definitions:

Teamwork

Means that we work together to achieve a goal.

Communication

Means sending and receiving messages or information.

Respect

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

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 obstacle course 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.

Activity 2 – Ball Raise With Team Passing

Example script: "What is the health. moves. minds. theme we are working on this week? [Allow students to answer.] You got it, Let Kindness Guide You! We are talking about how we should do everything with kindness. In our first activity we talked about teamwork. Teamwork means that we work together to achieve a goal. We are still going to do a teamwork activity, but today we are going to talk about two other words, respect and compass.

When we work as a team, we should treat each other with respect. Respect means that you are kind enough to consider other people's feelings, wishes, rights, or traditions before you act. Being respectful is one way of being kind because we are considering how someone else might feel before making a decision.

[Show students the Let Kindness Be Your Guide logo.] *Pointing to the compass* What is this object? It's a compass. A compass is a tool people use to determine direction. A compass can be used to guide people when they are lost or to help keep them from getting lost by showing them what direction they are going in. How does the compass relate to kindness in this theme? [Allow students to answer.] If we use kindness as our

compass in life, it will help us make the best choices."

Organize students into groups of five or six. Determine a starting point and an end point. At the starting point, students in each group will all try to lift a tennis ball with one finger touching the ball. Every student must have a finger touching the ball as they raise the ball.

Once the group has successfully raised the ball, they will work together to pass the tennis ball to each of their teammates to get it to the other side of the play area, similar to in ultimate Frisbee. Students can't move with the ball in their hand. Every person must toss and catch the tennis ball twice. Groups can choose the best way to complete passing the tennis ball.

Modifications:

- Challenge by choice – Allow students to choose the kind of object they want to raise. Objects can include beach ball, foam ball, ping pong ball, basketball, tennis ball, etc.
- Have students toss and catch the tennis ball in the same order to move the ball to the other end of the play area.

Debrief the activity making the connection between kindness and respect.

Example script: “During today’s teamwork activity, I saw all of you treating each other with respect. Being respectful is one of the easiest ways to be kind. Even if you are frustrated working with your teammates, you must always treat each other with respect. Respect means that you are kind enough to consider other people’s feelings, wishes, rights, or traditions before you act. Can you share some ways you let kindness guide you during our activity today? One example might be, if one of your classmates wants you to stand closer to them when you toss the tennis ball because they aren’t confident in their catching skills, you stand closer to them, even if you think that might slow the team down. You are respecting their wishes and feelings by standing closer.”

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