



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: 9-12

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 bias.
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 how equity, diversity, inclusion, and being aware of biases are related to an individual's moral compass.

CASEL Core SEL Competency:

Relationship skills

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

Equipment Needed:

- Polyspots
- 10 Hula hoops
- Jump ropes
- Large cones
- Foam balls (1 per group)
- Deck rings (1 per group)
- Resistance loop (1 per group)
- Shoestring/rope (1 per group, 3ft in length)
- Buckets (3 per group)
- Dome cones or short cones
- Passcode Cards
- Passcode Letters
- Task cards (1 per group)
- Station Cards (see last few pages)

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.H2 Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.
- S4.H4 Solves problems and thinks critically in physical activity and/ or dance settings, both as an individual and in groups.

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

Bias

is a tendency to believe that some people, ideas, etc., are better than others that usually results in treating some people unfairly.

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 are teaching.

Please note: The topics and conversations suggested throughout the lesson are opportunities to introduce equity, diversity, and inclusion. Adapt the conversations to go deeper or provide examples that might be more relevant to your students.

Activity 1 – Introduction and Passcode

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 a 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. We will also discuss terms and how they can relate to a person’s moral compass. Then we will end the week with an adventure race where you will have to work together as a team and recall some of the information you learned this week.”

Organize students into groups of five. Tape letters A–Z and numbers 0–9 under each polyspot and spread them throughout the gym or instructional space. Assign each group a home base and give each group a unique passcode. Each group must try to find the letters and numbers for their passcode as fast as possible and bring it back to their home base. Students can all move at the same time, but can only find one letter or number for their group’s passcode.

Write passcodes on an index card or print them out (see the passcodes toward the end of the document.)

Passcodes letters and numbers are not repeated.

- Passcode 1 – A 9 Z L C S
- Passcode 2 – B E 8 2 V M
- Passcode 3 – D Y 3 X 7 N
- Passcode 4 – 6 F W O O
- Passcode 5 – G 5 T 4 J H
- Passcode 6 – 1 I K P Q R

After all passcodes have been completed, have students place their polyspots back into the play area and give groups a new passcode.

If more passcodes are needed, print double the letters and numbers. If not enough polyspots, consider printing on a heavier weighted paper place the letters and numbers face down directly on the floor.

Modifications:

- Give students a time in which they must complete their passcode.

Example script: “This was a fast-paced, simple teamwork activity that got you moving. 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!

Passcode Cards

Passcode 1 A9ZLCS	Passcode 2 BE82VM	Passcode 3 DY3X7N
Passcode 4 6FWOO	Passcode 5 G5T4JH	Passcode 6 1IKPQR

Mini-Lesson Name: **Let Kindness Guide You** Unit Name: **Kindness** Grade Level: **9-12**

Passcode Letters & Numbers

A	B	C	D	E	F
G	H	I	J	K	L

Mini-Lesson Name: **Let Kindness Guide You** Unit Name: **Kindness** Grade Level: **9-12**

Passcode Letters & Numbers

M	N	O	P	Q	R
S	T	U	V	W	X

Mini-Lesson Name: **Let Kindness Guide You** Unit Name: **Kindness** Grade Level: **9-12**

Passcode Letters & Numbers

4	5	6	7	8	9
Y	Z	O	1	2	3

Mini-Lesson Name: **Let Kindness Guide You** Unit Name: **Kindness** Grade Level: **9-12**



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