



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

Unit Name: Kindness

Grade Level: K-2

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 demonstrate being kind and working as a group while completing the obstacle course.

Students will be able to give examples of respectful behavior and communication.

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

- S3.E2.K Participates actively in physical education class.
- 3.E2.1 Engages actively in physical education class.
- S3.E2.2 Engages actively in physical education class in response to instruction and practice.

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

- S4.E4.K Shares equipment and space with others.
- S4.E4.1 Works independently with others in a variety of class environments (e.g., small and large groups).
- S4.E4.2 Works independently with others in partner environments.

Lesson Overview:

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

Definitions:

Teamwork

Means that we work together to achieve a goal.

Respect

Means that you are kind enough to think about others' feelings before you act.

Communication

Means sending and receiving messages or information.

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. 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 1 – Introduction and Inchworm

Example script: “This year’s health. moves. minds. theme is Let Kindness Guide You. What do you think that means? [Allow students to answer.] I love all these answers! The theme is saying we should always choose being kind; kindness should guide us throughout our lives.”

This week we are going to really focus on kindness and teamwork. Each day we will do an activity that focuses on teamwork where we will have to practice being kind to one another while working together. Then we will end the week with a Let Kindness Guide You obstacle course.”

Designate a starting point and end point. Organize students into groups of five or six. Set up the hula hoops in a line with their edges touching and have each student stand inside their own hoop facing forward. Students will move as an “inchworm” from the starting point to the end point.

To move forward, the last student in line steps into the hoop of the teammate in front of them, then picks up their empty hoop and passes it to the front. The front student then places the hoop on the ground and steps into it. Every student then steps forward, moving like an inchworm.

Complete another round letting students inchworm back to the starting point.

Debrief with students about the activity.

Example script: “This activity took teamwork. What does teamwork mean? [Allow students to answer.] Teamwork means that we work together to achieve a goal. In today’s activity the goal was to move like an inchworm with the hula hoops to the other side. When we work as a team, we have to be kind to one another to help achieve your team’s goal even – if we get frustrated. As we focus on our theme this week, Let Kindness Guide You, that means we want to make kind choices when we are working as team.”

Fundraising Focus: *If your school is choosing to implement the 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. 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!

Mini-Lesson Name: **Let Kindness Guide You** Unit Name: **Kindness** Grade Level: **K-2**