

Each year our first lesson of the year in every grade revolves around the school theme of kindness. Subsequent lessons in each grade include:

<p><u>Kindergarten</u></p> <ul style="list-style-type: none"> - Learning about our new classmates and how to show respect - Self-esteem, confidence building and believing in oneself - Development of strategies for when we are worried, scared or upset - Anger management, calming down when we are angry - Identifying friendship behaviors - Learning to stand up for ourselves with classmates - Respecting differences 	<p><u>Grade 1</u></p> <ul style="list-style-type: none"> - Getting to know our new class of students - Understanding what respect is and the difference between respectful vs. disrespectful statements - Feelings, positive and negative and respecting others' feelings - Anger, the importance of calming down angry feelings and calm down strategies - Friendship qualities - one's own good qualities and what we are looking for in others - Tell vs. Tattle, the difference between a tattletale and a reporter - Asserting yourself against a bully 	<p><u>Grade 2</u></p> <ul style="list-style-type: none"> - Self-esteem and feeling good about yourself - Feelings and how people's body language, tone of voice and facial expressions play a role in understanding and expressing feelings - Dealing with anger and other negative feelings, calming down negative feelings - Friendship traits - Standing up for one's self - use of "I statements" - Compliments - Review of concepts learned throughout the year
<p><u>Grade 3</u></p> <ul style="list-style-type: none"> - Feeling good about self - Getting along with others - Finding positive traits in others - Making and keeping friends and friendship trouble-starters - Handling conflict in relationships - Stress and calm down strategies 	<p><u>Grade 4</u></p> <ul style="list-style-type: none"> - Feeling good about self and respecting differences in others - Strategies for coping with stress and calm down strategies - Goal-setting - Decision-making - Time-management practice - Fact vs. Perception - Review of concepts learned throughout the year 	<p><u>Grade 5</u></p> <ul style="list-style-type: none"> - Respect of differences - Puberty and growing up - Bully behavior (several lessons - forms of bullying, roles in bullying behavior, cyberbullying, etc.) - Drug and Alcohol Education (several lessons on different drugs, their negative effects, etc.) - Transition to middle school lesson

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Subsequent lessons in each grade include:

- Appreciating differences		
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