



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 1 – Introduction and Inchworm With Hula Hoop Pass

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 and that 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 an adventure race where you will get to practice being kind and have to work together as a team.”

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.

Once students get to the end point, they will get into a circle while holding hands and pass one of the hula hoops around the circle without letting go. The activity can end here or you can choose to have 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 and then work together to pass the hula hoop around the circle without letting go. 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 a 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.*

Mini-Lesson Name: **Let Kindness Guide You** Unit Name: **Kindness** Grade Level: **3-5**

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.”

Activity 3 – The Floor is Lava

Example script: “Today is our third activity before we do our adventure race tomorrow! The last thing I want to discuss with you is communication. Communication is sending and receiving messages or information. Can you tell someone next to you one way you can communicate? [Call on a few students to share the answers their neighbor told them.] Those are great examples of communication. We can send and receive messages by talking, writing and even through our bodies! Using only your body communicate with me you’re happy. Now communicate with me that you’re mad. What about tired or bored? Yes! We communicate a lot even when we don’t talk or write.

Today, we are going to do another teamwork activity that really focuses on your communication. When you are working together, I want you to really focus on communicating in kind ways and think if you are communicating clearly. Ways we can communicate clearly is by being specific, like using directions, left, right,

above, under, or naming a color of something.”

Get students into groups of four or five. Set up a large mat, tarp, or use floor tape to section off areas with 4–6 polyspots. Have students start at one end. The mat will be lava and the polyspots will be “indestructible rafts”. The rafts are tricky and can only support one hand and two feet at a time. Any more than that and it will sink; it can no longer be used. This will require the group to be honest and show integrity. If anyone in the group touches the lava, the team must start again. For an extra challenge, if a raft is left untouched for more than ten seconds, it floats away and a polyspot is taken away.

Once everyone is across, allow one or two students from each group to stand to the side of the lava area and have them direct their teammates through the lava.

Modifications:

- To make this less challenging, remove the raft rules.

Debrief the activity and continue to discuss communication and how it relates to being kind.

Example script: “Good work today getting across the lava safely! Can you tell me ways you were communicating kindly and clearly in your groups? When we treat people with kindness that means we have to think about how we are communicating with them. That includes our tone of voice and how we say things and even how we move our face and body.”

Activity 4 – Adventure Race

Create an obstacle course race on a blacktop, field, or any other large open space. There will be four stations with a series of obstacles between stations. Students will have to move through the obstacles to get to the next station. See diagram on the last page for an example. Make a small “Try Again Loop” off to the side of the obstacle course. If students get an answer wrong, they will walk around the loop and come up with another answer as a team.

To make the experience more like a true adventure race, teachers may want to consider having a judge (e.g., parent, teacher aides, other teachers, or older students) assigned to each station to ensure each station is completed accurately and for someone to sign off on task cards. If judges are not available, emphasize to students that being honest and having integrity will be extremely important.

Example script: “Today you are going to get to practice being respectful and communicating kindly to your classmates by working together to complete an obstacle course adventure race.”

Divide students into groups of five or six. Have students come up with a name for their team. Explain to students how the adventure race will work.

- Groups will work together to complete four laps around the course as fast as they can.
- Groups will keep everyone together.
- Groups will complete all the stations for each lap except for the first lap. For the first lap, students will answer the first question then go around the perimeter of the course as fast as they can.
- Groups will cheer on other teams after they have completed their four laps.
- Groups will practice being respectful and kind to others in their group.

Station 1: Q&A – There will need to be a judge here, you or another adult, to make sure the answers are correct. The entire group must be present to answer the question to move on.

- What is the health. moves. mind. theme we have been working on this week?
- What does respect mean? Give an example of how you can show respect to someone.
- What does communication mean? Give an example of how someone can communicate clearly.
- Explain how kindness is like a compass.

First Obstacle: Set up polyspots between stations 1 and 2, students must jump from spot to spot without touching the ground.

Station 2: Inchworm & Hoop Pass – Set up three sets of hula hoops the same way as in Activity 1 so that two to three groups can go at once.

- 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.
- Once students get to the end point, they will get into a circle while holding hands and pass one of the hula hoops around the circle without letting go. The activity can end here or you can choose to have students inchworm back to the starting point

Second Obstacle: Between stations 2 and 3, stretch jump ropes between two cones for students to jump over.

Station 3: Ball Raise & Team Pass – Set up three tennis balls the same way as the Activity 2 so that two to three groups can go at one time.

- 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 ball is raised, the group must pass the tennis ball to each of their teammates to get it to the other side of the play area, similar to passing in ultimate Frisbee. Students can’t move with the ball in their hand. Every person must toss and catch the tennis ball once.

Third Obstacle: Between station 3 and 4, set up large mats folded into triangles to create tunnels students must crawl through to get to station 4.

Station 4: The Floor is Lava – In that station area, place several different sized objects that students can safely step on like poly spots, mats, or carpet squares. Designate the starting point and end point.

- Groups will try to get from the starting point to the end point without touching the lava.
- All the groups will go at the same time.
- If a group mate touches the lava, everyone in that group must start over.

Debrief the obstacle course and the theme for the week.

Example script: “Amazing work today! Let’s review the questions from Station 1. [Go over the correct answers for station 1.] What was the easiest station? The hardest station? Even when things got hard how to did you make sure to act kind to your teammates? Were there instances when communication was really important? [Allow time between each question for students to answer.] I’m so proud of you all! We may have really focused on kindness this week, but kindness is something we should do every day, just like the theme, we should let kindness guides and always choose to do the kind thing. Kindness can be like our compass in live guiding us to help us make good choices.”

Fundraising Focus: Use the adventure race obstacle course as your celebration event for your fundraiser!

Modifications/Differentiation:

- Have written instructions at each station.
- Be sure to provide options for activities where students may not be able to participate because of a physical disability. For example, instead of hands use feet. Allow students to be judges at a station.
- Allow students who are uncomfortable being in close proximity or touching other students to observe or serve in leadership roles within a group like a judge at station.
- Have students use a pool noodle, rope or hoop to stay together in groups.
- Add or replace stations with skills you are practicing in class. For example, if you are practicing under hand throwing, have students under hand throw a yarn ball into a hoop or bucket.

Checks for Understanding

- Were you kind to your group mates? Give an example.

Let Kindness Guide Your Adventure Race

Obstacle Course Task Card

Groups will:

- Complete four laps around the course as fast as they can.
- Keep everyone together.
- Complete all the stations for each lap except for the first lap. **For the first lap, visit Station 1 only** then run around the outside of the course and back to Station 1.
- Practice being respectful, kind, and communicating clearly to others in their group.
- Mark all the boxes on the task card.

Station 1: Q&A – The entire group must be present to answer the question to move on. If your group gets the answer wrong every will walk or jog around the Try Again Loop before trying to answer again.

1. What is the health. moves. mind. theme we have been working on this week?
2. What does respect mean? Give an example of how you can show respect to someone.
3. What does communication mean? Give an example of how someone can communicate clearly.
4. Explain how kindness is like a compass.

Station 2: Inchworm & Hoop Pass – Move like an inchworm using the hula hoops to get to the other side then form a circle with your group while holding hands. Pass the circle around the group without letting go of each other's hands.

Station 3: Ball Raise & Team Pass – Try to raise the tennis ball with one finger touching the ball. Everyone in the group must have a finger touching the ball the entire time. Once the ball is raised, the group must pass the tennis ball to each of their teammates to get it to the other side of the play area. You can't move with the ball in your hand. Every person must toss and catch the tennis ball once.

Station 4: The Floor is Lava – Everyone will try to get from the starting point to the end point without touching the lava. If a group mate touches the lava, everyone in your group must start over.

Group Name: _____

Lap 1			
Station 1 - Q&A	Jog around the perimeter of the obstacle course!		
Lap 2			
Station 1 - Q&A	Station 2 – Inchworm & Hoop Pass	Station 3 – Ball Raise & Team Pass	Station 4 – The Floor is Lava
Lap 3			
Station 1 - Q&A	Station 2 – Inchworm & Hoop Pass	Station 3 – Ball Raise & Team Pass	Station 4 – The Floor is Lava
Lap 4			
Station 1 - Q&A	Station 2 – Inchworm & Hoop Pass	Station 3 – Ball Raise & Team Pass	Station 4 – The Floor is Lava

Communication

Communication means sending and receiving messages or information.

Grades 3-5



Respect

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

Grades 3-5



Teamwork

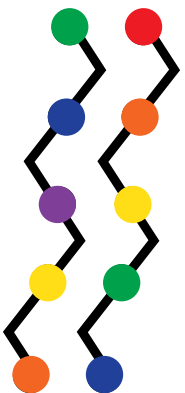
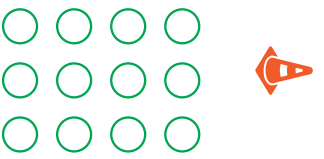


**Teamwork
means that we
work together to
achieve a goal.**

Grades 3-5

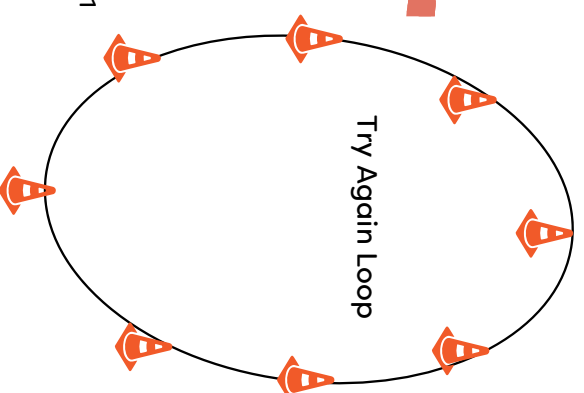


2 Inchworm & Hoop Pass



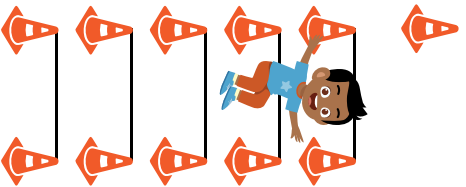
Jump from spot to spot!

1 Q&A



Obstacle Course Set Up

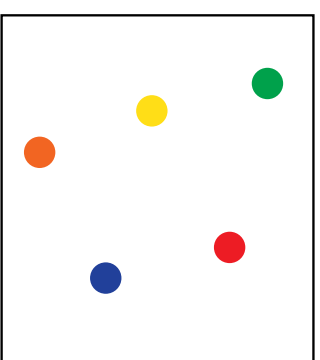
Grades 3-5



Jump over the ropes!

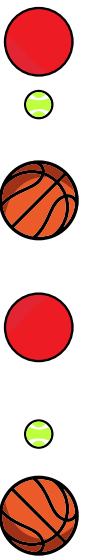


Crawl under the mats!



4 The Floor is Lava

3 Ball Raise & Team Pass





Ball Raise & Team Pass



The Floor is Lava



Inchworm & Hoop Pass

Question and Answer

1. What is the health. moves. minds. theme we have been working on this week?
2. What does respect mean? Give an example of how you can show respect to someone
3. What does communication mean? Give an example of how someone can communicate clearly.
4. Explain how kindness can be like a compass.



Grades 3-5



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