

Table of Contents

You are the Difference Overview	3
A Note on the Student Module	4
Unit Presentation and Lesson Structure	5
Unit 1-Vulnerability	6
Lesson 1.....	7
Lesson 2.....	12
Lesson 3	14
Lesson 4.....	16
Lesson 5.....	18
Unit 2-Empathy	20
Lesson 1.....	21
Lesson 2.....	26
Lesson 3	28
Lesson 4.....	30
Lesson 5	32
Unit 3-Compassion	34
Lesson 1.....	35
Lesson 2.....	40
Lesson 3.....	42
Lesson 4.....	44
Lesson 5	46
Unit 4-Kindness	48
Lesson 1.....	49
Lesson 2.....	54
Lesson 3	56
Lesson 4.....	58
Lesson 5	60
Extensions	62
Additional Resources	66
Key Terms	67
References	69

Permission Statement – Prior to Download

By downloading the Kindness Capacity Curriculum™ (the “KCC”), you acknowledge your acceptance of a limited, non-exclusive, royalty-free license from You are the Difference, PBC to use the KCC. You are the Difference, PBC grants this license to you, subject to the following terms and conditions:

1. You may use all or a portion of the KCC.
2. You may not remove the copyright notice on the KCC, and all use of the KCC shall be with attribution to You are the Difference, PBC.
3. You may not modify, amend, or prepare derivative works of the KCC for further dissemination and use.
4. This license is personal, and while you may use it to teach the KCC to students and individuals, you may not sell the KCC, or any training or other services related to the KCC to others without our explicit, written permission. Furthermore, you may not publish, distribute, or disseminate the KCC, in part or as a whole, to others, or copy the KCC, in part or as a whole, for use in combination with other materials. If others are interested in receiving the KCC, please refer them to our website link to register, purchase and download the material.

Disclaimer

The Kindness Capacity Curriculum™ (KCC) is not intended to act as a substitute for, nor should it be utilized in place of medical, mental, or other health advice. In compliance with the existing school, district, and state laws and policies, teachers should inform school leadership of any, and all events or disclosures made by students and other teachers which are of concern. You are the Difference recommends that school leadership take the responsibility of supporting staff and students whose mental health and well-being needs go beyond the scope of this curriculum.

Non-Discrimination Statement

You are the Difference does not discriminate on the basis of race, color, national origin, disability, age, sex, religion, political beliefs, and other social identity markers. This institution is an equal opportunity employer and provider.

You are the Difference Impact Statement

You are the Difference is committed to making a social impact and creating programming which serves the public good.

You are the Difference Overview

Kindness is at the core of the You are the Difference programs, which seek to inspire and empower students and teachers, children and adults alike to recognize and encourage kindness. You are the Difference envisions school communities and neighborhoods which flourish in kindness through their programs and initiatives geared toward teaching the individual power each person possesses as a conduit of kindness. Further, You are the Difference programs believes in celebrating acts of kindness

in both tangible and intangible ways. Therefore, You are the Difference Kindness' Tokens celebrate such acts and also serve as a reminder that each person carries the potential to make the world a better place.

You are the Difference relies on scholarly evidence-based research to design and implement its programs. It also relies on co-collaboration with humanist educator practitioners such as counselors and socio-emotional coordinators who work directly in the field of humanist education.

The programs created by You are the Difference are centered in cultural responsiveness pedagogy and are differentiated for the responsive needs of children from diverse socio-economic backgrounds. Thus, they are inclusive programs that respond to the needs of diverse adult and child learners.

A Note on the Student Module

The lessons presented in the Kindness Capacity Curriculum™ (KCC) cover the values that are foundational to development of kindness. The lens used in the curricula foster practices which are supported to the social and emotional development of students. Based on research You are the Difference adopted a transdisciplinary framework in developing the scope of the curriculum.

1. Student-centered and promotes student agency
2. Inclusive and relies on small Multiple Capacity Groupings
3. Differentiated with multiple reteach and intervention strategies
4. Scaffolded and promotes deep and thick thinking
5. Rich with a variety of resources which promote learning engagement

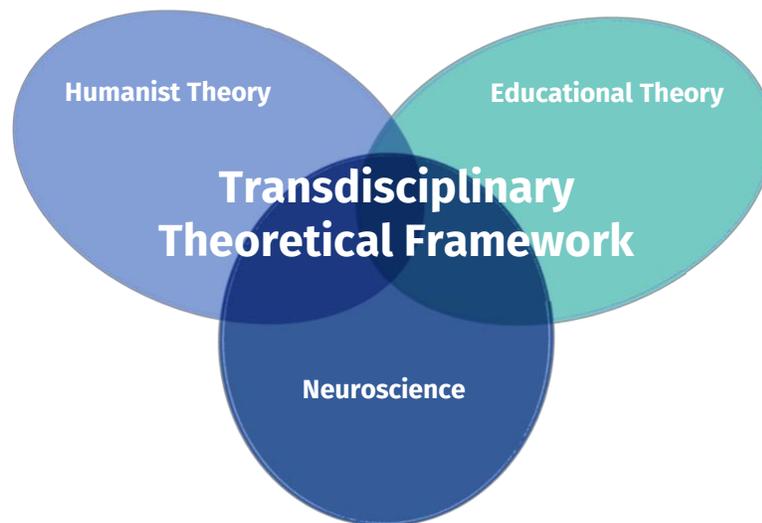


Table 1. Transdisciplinary Theoretical Framework

Unit Presentation

You are the Difference engages in lessons that rely on what it determines as the essential foundation of the KCC which are as follows:

Unit 1: Vulnerability – 5 Lessons

Unit 2: Empathy – 5 Lessons

Unit 3: Compassion – 5 Lessons

Unit 4: Kindness – 5 Lessons

Lesson Structure

The lesson structure for *You are the Difference* curriculum is designed to align with the following process:

1. **Introduction:** Teacher Led
2. **Exploration:** Student Led
3. **Connection:** Teacher & Student Co-Constructed
4. **Closing:** Student Led

Continue to: Unit 1, Lesson 1