**How Lessons Look:** (<http://operationrespect.org/get-started/how-to-use-this-curriculum/>)

1. Start with the title of the lesson and a description
2. What to Know – brief summary of background information and/or teaching tips for a successful lesson
3. Objectives
4. Common Core Standard Alignment
5. Preparation and Materials
6. Gather Together/Warm-Up/Bell Ringer Activity (5-10 minutes)
7. Activity (20 minutes, including integrated arts components)
8. Additional Integrated Arts Components (per lesson)
9. Closing Activity (5 minutes)
10. Grade Level Modifications
11. Curricular Connections (optional, to connect lesson to core curriculum)
12. Handouts

**Themes (**<http://operationrespect.org/classroom-lessons/>**)**

1. Expressing Feelings
   1. Lesson 1: Theme song – The “Don’t Laugh at Me” Song
      1. A lesson to introduce participants to the theme song
   2. Lesson 2: Feelings temperature
      1. Help students identify how they feel, how those feelings are influenced by events around them and moods of others
   3. Lesson 3: How would you feel if…
      1. Teach students how to identify and articulate own feelings and respect feelings of others
   4. Lesson 4: The torn heart
      1. Students explore effect of “put-downs” and “put-ups”
   5. Lesson 5: Peace place
      1. Teach calm down strategies and create “Peace “Place”
2. Building Community
   1. Lesson 1: Theme song – “This Little Light of Mine”
      1. A lesson to introduce the theme of Building Community using music and lyrics of the theme song
   2. Lesson 2: The caring being
      1. A lesson to explore positive and negative behaviors and social interactions
   3. Lesson 3: Ridicule free zone
      1. A lesson that builds on previous explorations of positive and negative behaviors towards committing to making the classroom and school a Ridicule-Free Zone
   4. Lesson 4: Conscious acts of caring
      1. A lesson to examine caring and kindness in action
3. Resolving Conflict Creatively
   1. Lesson 1: Theme song – “Down by the Riverside”
      1. A lesson to introduce Conflict Resolution by using the music and lyrics of the theme song
   2. Lesson 2: Walk in another’s shoes
      1. A lesson to explore a different point of view or perspective
   3. Lesson 3: Conflict escalates
      1. A lesson to explore how conflicts escalate or worsen
   4. Lesson 4: Slowing down the escalator with “I” messages
      1. A lesson about using “I” messages to de-escalate a conflict
   5. Lesson 5: Understanding bullying
      1. A lesson to help students define bullying and learn the difference between bullying and conflict
   6. Lesson 6: Upstander
4. Celebrating Diversity
   1. Lesson 1: Theme song – “If I Had a Hammer”
      1. A lesson to introduce Celebrating Diversity using music and lyrics of the theme song
   2. Lesson 2: Human bingo
      1. A lesson to explore and celebrate differences
   3. Lesson 3: Cross the line – we belong to many groups
      1. A lesson to explore differences in people’s background and related experiences
   4. Lesson 4: Family quit
      1. A lesson to celebrate the diversity of families