

PROHUMAN CURRICULUM - KINDERGARTEN

OVERVIEW OF UNITS:

Unit 1	September	Optimism
Unit 2	October	Grit
Unit 3	November	Gratitude
Unit 4	December	Curiosity
Unit 5	January	Courage
Unit 6	February	Compassion
Unit 7	March	Fairness
Unit 8	April	Understanding
Unit 9	May	Humanity

UNIT 1: OPTIMISM

LESSON 1: WHAT IS OPTIMISM?

SUMMARY:

The Prohuman Kindergarten curriculum is aligned to two sets of standards: [Common Core State Standards for English Language Arts](#) and [Character and Social Emotional Development \(CSED\) National Guidelines](#). The full collection of units introduces all nine of the prohuman character strengths: optimism, grit, gratitude, curiosity, courage, compassion, fairness, understanding, and humanity.

Unit 1, Lesson 1, “What is Optimism?” introduces the spelling and definition of the word optimism. Students will learn examples of optimism, provided by the teacher and an accompanying video. Additionally, students will practice the correct spelling of optimism, demonstrate comprehension through a pictorial demonstration, and practice conversation skills by sharing their illustrations with a partner.

SUGGESTED TIME: 20 minutes

RELATED SUBJECT: English Language Arts

LEARNING OUTCOMES:

- Correctly spell and define optimism
- Demonstrate comprehension of the word optimism by producing a pictorial representation
- Practice reading and conversation skills by sharing pictures with classmates
- Demonstrate understanding of standard English sentence structure and grammar in writing and speaking

REQUIRED MATERIALS:

- One small paper cup for each student
- Video: [Optimism for Kids | The Power of Positivity | Looking on the Bright Side by The Mr Saad Show](#) (~2 min)
- Prohuman Kindergarten Unit 1 Worksheet 1: What is Optimism?

VOCABULARY:

Optimism: I have hope and believe that my actions will help things to turn out well.

ELA COMMON CORE STANDARDS MET

CCSS.ELA-LITERACY.RI.K.4	Ask and answer questions about unknown words in a text.	✓
CCSS.ELA-LITERACY.RI.K.10	Actively engage in group reading activities with purpose and understanding.	✓
CCSS.ELA-LITERACY.SL.K.1	Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.	✓

CCSS.ELA-LITERACY.SL.K.1.A	Follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion).	✓
CCSS.ELA-LITERACY.L.K.1.A	Print many upper- and lowercase letters.	✓

CHARACTER AND SOCIAL EMOTIONAL (CSED) NATIONAL STANDARDS MET

Self-Awareness A2	Identify personal strengths (e.g., honesty, curiosity, listening)	✓
Social-Awareness A3	Demonstrate the ability to listen carefully and intentionally to others	✓
Interpersonal/ Relationship Skills 1	Initiate and engage in conversation and social interactions with classmates, peers, and adults	✓
Interpersonal/ Relationship Skills 7	Play games and appropriately participate in small group classroom activities	✓
Responsible and Ethical Decision-Making 1	Describe a rule or principle that everyone should strive to live by (e.g., be kind, be honest, try your best)	✓

LESSON PROCEDURE

- 1.) Write optimism on the board and prompt students to write it on their worksheets.
- 2.) Show video: [Optimism for Kids](#) (~2 min).
- 3.) Give each student a small paper cup. Escort them in groups of 3 or 4 to carefully fill the cup halfway with water from the drinking fountain or classroom faucet.
- 4.) Ask students what are the two ways of looking at how much water is in this cup. Explain that optimism means that we see the glass as half full.
- 5.) Give an example of optimism (e.g., I'm optimistic that today will be a great day at school.)

- 6.) Write three sentences on the board and ask students which one shows optimism:
1. I don't want to eat celery because I won't like it.
 2. I'm going to try these vegetables because I might like them
 3. I don't like to try any new foods.
- 7.) Ask students to draw a picture on their worksheets of how they have shown optimism.
- 8.) Have students share their pictures with a partner.

EXTENSION ACTIVITIES

- Talk with your students about times that you have seen examples of people demonstrating optimism. You could give examples of family, friends, historical figures, or current public figures.
- Talk with your students about times in your life that you have demonstrated optimism, despite hardships.

KINDERGARTEN UNIT 1 WORKSHEET 1: OPTIMISM

Optimism:

I have hope and believe that my actions will help things to turn out well.

Write the word optimism:

Draw a picture of a time you showed optimism: