

# KINDNESS TAKES COURAGE

## Pete's Diary Grades 3-5 Curriculum Outline

### BRING WONDER TO LIFE

- **Lesson 1 – Peter's Story, Part 1**
  1. Watch a 12-minute video where Peter talks about his medical journey and what it's like living with a craniofacial syndrome. A handout with slides and narration is available to download and print.
  2. Take our 10-question quiz to find out what you learned about Peter & craniofacial syndromes.
- **Lesson 2 – Peter's Story, Part 2**
  1. Watch a 4-minute video where Peter shares the rest of his story and how much we all have in common. A handout with slides and narration is available to download and print.
  2. Take our 10-question quiz to remember how much we're alike.
- Lessons 1 & 2 addresses the following SEL Common Core Standards.
  1. Recognize the feelings and perspectives of others.
  2. Recognize individual and group similarities and differences.
  3. Identify emotions expressed in "feeling faces" or photographs.

### LEARN HOW TO CHOOSE KIND

- **Lesson 3 – Inclusion & Friendship**
  1. Watch a 6-minute video where Peter shares three takeaways for Lessons 4 & 5. A handout with slides and narration is available to download and print.
    - Peter shares how his life compares to the fictional character, *Auggie*, from the novel Wonder.
    - Peter talks about Charlotte's precept and the difference between being friendly and being a friend.
    - Peter introduces our 3-steps on how to be a friend: Notice, Act, Check Back.
  2. Take our 10-question quiz about inclusion and friendship.
  3. Lesson 3 addresses the following SEL Common Core Standards.
    - Describe a time you felt the same way a story character felt.
    - Explain why characters in stories felt as they did.
    - Analyze how students being left out might feel.
- **Lesson 4 – Words Matter**
  1. Follow the guide on how to do the "Paper Experiment". This lesson teaches that we can never take back what we say or post on social media. Even after apologizing or deleting a post, someone will remember how you made them feel.
  2. Download the "Pete's Diary PAPER Pledge" poster and take the pledge together as a class.
  3. Lesson 4 addresses the following SEL Common Core Standards.
    - Describe how various situations make you feel.
    - Recognize how changing your behaviors can impact how others feel and respond.
    - Describe how one feels when bullied.
    - Recognize how a situation would make you feel and treat others accordingly.

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- **Lesson 5 – Practice Being a Friend**

1. Download and read about how to be an upstander using our three steps: Notice, Act, Check Back.
2. Discuss the steps with your students using the downloadable posters and bookmarks.
3. Lesson 5 addresses the following SEL Common Core Standards.
  - Develop friendship goals.
  - Demonstrate an interest in the perspective of others.
  - Predict how one's own behavior might affect the feelings of others.

### **MAKE A REAL-LIFE CONNECTION**

- **Lesson 6 – Video Q & A with Peter & Dede**

4. Option 1 – One live video via Skype or Google Hangouts (20-30 minutes).
5. Option 2 – Dede & Peter answer student questions in a recorded video.

### **ADDITIONAL RESOURCES**

- [Children's Craniofacial Association](#)
- Chapter Book Recommendations
- Inclusion Resources
- Bonus Images

**Pete's Diary**

COMMUNICATE WITH COMPASSION