



Module Title
Golden Rule

Social Emotional Learning Curriculum
SEL Topic: Relationship Management
Level: High School

Module At A Glance

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Lesson Overview	About the Golden Rule	Teacher Activity Guides	Teacher Tools	Quiz

Lesson Objectives

Students will be able to define the Golden Rule, list examples of the Golden Rule, and apply the Golden Rule to their own actions.

Activity Snapshots

This lesson incorporates the following activities, information and Teacher Tools.

Title	Activity Type	Approx. Time	Resources and Materials
Activity 1: What is the Golden Rule?	Discussion	10 minutes	About the Golden Rule Student Instructions Activity Definitions Sticky Notes (1 per student) White board and markers
Activity 2: How I Want to Be Treated	Discussion Journaling	10 minutes	About the Golden Rule Student Instructions Teacher Tool: How I Want to Be Treated
Activity 3: Applying the Golden Rule	Journaling Whole Group Discussion	10 minutes	About the Golden Rule Student Instructions Notebook Paper Pen/Pencil White board and markers

Description/Intent:

In this module, students will be introduced to the Golden Rule, share examples of the Golden Rule in action, and demonstrate an understanding of the Golden Rule through writing examples.

Applications & Benefits:

The Golden Rule can help students to improve interpersonal relationships among fellow peers as well as develop higher self-esteem through good actions.



About the Golden Rule

Defining the Golden Rule

What is the Golden Rule?

The Golden Rule teaches individuals to treat others the way that they would like to be treated without the expectation of receiving the same kindness in return. The Golden Rule is similar to a moral filter for our lives. We can use the Golden Rule to determine if our behavior is moral by asking ourselves, “Would I want someone to do this to me?”

There are two common misconceptions about the Golden Rule. First, that most people only have a basic understanding of the Golden Rule, and secondly, that the Golden Rule has religious ties. In a simplistic form, the Golden Rule teaches us to be kind to others, but we forget that this applies even when people are not being nice to us. Humans are biologically programmed for reciprocity; if you’re nice to me, I’ll be nice to you. Therefore, when people are mean to us, we resort to being mean back.

The Golden Rule does not conform to a specific religion, rather, it is a scientific psychological rule. While principles of the Golden Rule are found within almost every belief system, you can do not have to follow religion to follow the Golden Rule.

Module Rationale:

Practicing the golden rule helps to change the, “it’s all about me” mentality by helping individuals see how their actions affect other people’s lives. Since most people do not want harm to come to themselves, the Golden Rule teaches that they should not want to cause harm to others either. By integrating the Golden Rule into the education system, a more, “people-oriented” society may emerge.

Teaching students to live by the Golden Rule promotes kindness and fosters a sense of community. Psychologists speak of the benefits of kindness for young children and adults alike. Organizational psychologist Adam Grant wrote that individuals who were generous and more able to collaborate had better professional outcomes. The Golden Rule can be linked to multiple areas of social-emotional learning and outcomes for students. Kindness builds strong relationships, strong relationships helps build deeper connections, deeper connections can foster empathy and tolerance, which can all be linked to academic success.

Giving Students Feedback:

School is meant to be a place of learning, not a place of negativity. Teachers should be mindful of how they treat students as students should be mindful of how they treat teachers; there needs to be a foundation of mutual respect.



Helpful Tips

- To set an example of the golden rule teachers need to be that example for their students.

Teacher Feedback

Please provide insights on any adjustments made regarding the actual use of the content. Feel free to share your thoughts, suggestions, and constructive criticism. Email your feedback to info@mylearningtools.org



Activity #1: What is the Golden Rule?

Teacher Instructions

Carefully read pages 2 and 3 that describe the basics of the Golden Rule. Make the Student Instructions for Activity #1 accessible for students (via projector, hand copies, online host, etc.).

Prepare the materials needed, one sticky note per student.

Definitions

What is the Golden Rule?

The Golden Rule is a belief that people should treat others the way that they want to be treated without the expectation of receiving the same kindness in return. The Golden Rule is similar to a moral filter for our lives. We can use the Golden Rule to determine if our behavior is moral by asking ourselves, “Would I want someone to do this to me?”

Activity

Write the question “What is the golden rule?” (without defining it) on the board and give each student a sticky note. Ask them to write their definition of the golden rule and place it under the question on the board.

After every student has put their sticky note on the board, open the class up for a discussion as to what the golden rule means to them. Share with students the provided description of the Golden Rule and add this to the board. As a class, decide on a final definition of the Golden Rule that everyone agrees on. If time allows, or if you have any student volunteers, create a poster with the class definition of the Golden Rule.

Take some time to discuss the many ways in which the Golden Rule is phrased.

Examples of the Golden Rule

“Don’t hurt others with what hurts you.”

“Do to others as you would have them do to you.”

“Treat others as you would like to be treated.”

“Live in harmony, for we are all related.”

“Do as you will, as long as you harm no one.”

“Whatever is hateful to you, do not do to others.”



Activity #2: How do I want to be treated?

Teacher Instructions

Carefully read pages 2 and 3 that describe the basics of the Golden Rule. Make the Student Instructions for Activity #2 accessible for students (via projector, hand copies, online host, etc.).

Decide if you would like to make copies of the provided Teacher Tool: How I Want to Be Treated, or if students will just use notebook paper divided into thirds.

Definitions

What is the Golden Rule?

The Golden Rule is a belief that people should treat others the way that they want to be treated without the expectation of receiving the same kindness in return. The Golden Rule is similar to a moral filter for our lives. We can use the Golden Rule to determine if our behavior is moral by asking ourselves, “Would I want someone to do this to me?”

Activity

The Golden Rule states that we should treat others how we want to be treated, thus implying that we first need to love ourselves and be self-aware of how we want to be treated.

For this activity, have students take out a journal or a piece of paper and a writing utensil. Students will fold their paper into thirds and in the headings, write, “Feeling,” “Cause,” and “Response.” You can also make copies and provide students with the Teacher Tool: How I Want to Be Treated. Provide students with the question prompts below and ask them to respond to a few or all of them, depending on time.

- How would you feel if your friend didn’t ask before they use your things?
- How would you feel if someone called you a derogatory name?
- How would you feel if someone called your friend a loser?
- How would you feel if someone said your idea was stupid?
- How would you feel if someone online said your picture was ugly?
- How would you feel if someone forgot your birthday?
- How would you feel if your friends went to a party without you?
- How would you feel if your friend invited you to the movies?

Before ending the activity, ask if anyone would like to share some of their response. Discuss the different feelings that individuals may have had for the same prompt and how they would treat someone in the same situation.



Activity #3: Applying the Golden Rule

Teacher Instructions

Carefully read pages 2 and 3 that describe the basics of the Golden Rule. Make the Student Instructions for Activity #2 accessible for students (via projector, hand copies, online host, etc.).

Definitions

What is the Golden Rule?

The Golden Rule is a belief that people should treat others the way that they want to be treated without the expectation of receiving the same kindness in return. The Golden Rule is similar to a moral filter for our lives. We can use the Golden Rule to determine if our behavior is moral by asking ourselves, “Would I want someone to do this to me?”

Activity

Have the students take out a piece of paper or journal and a writing utensil. Ask students to write down examples of times they used the Golden Rule. Have students reflect on how it affected the other person and how it affected themselves.

If they cannot think of a specific time in which they applied the Golden Rule, ask them to write down a time when they can plan to apply it in the near future. Ask them to predict how that action may affect themselves and the other person.

If they are comfortable, open the classroom to a discussion on what they wrote down. Make a list on the whiteboard of different ways that students can practice the Golden Rule in their daily lives.



Student Instructions Activity #1: What is the Golden Rule?

Define

What is the Golden Rule?

Discuss

What does the golden rule mean to you?

What other ways have you heard the Golden Rule being phrased?

“Don’t hurt others with what hurts you.”

“Do to others as you would have them do to you.”

“Treat others as you would like to be treated.”

“Live in harmony, for we are all related.”

“Do as you will, as long as you harm no one.”

“Whatever is hateful to you, do not do to others.”

Collaborate

Define the Golden Rule together.

Create

Create a poster of the class definition to use as a reminder for everyone to follow the Golden Rule.

Just for Fun

The earliest known written record of the Golden Rule is said to be from the Eloquent peasant from 1800 BC in Egypt. Though the translation is sticky and disputed, it is roughly translated to, “Do to the doer to cause that he do.”



Student Instructions Activity #2: How do I want to be treated?

Review

What is the Golden Rule?

Prepare

Divide your paper into three sections with the headings, "Feeling," "Cause" and Response."

Write

For each of the statements given, respond to the following prompts.

- Feeling:* How would that make you feel?
Cause: What are the likely causes for your feelings?
Response: How would you want someone to respond to you?

Share

How would you treat someone in a similar situation?

Quote of the Day

"Respect for all life is the foundation." -The Iroquois, The Great Law of Peace



How I Want to Be Treated

Feeling

Cause

Response

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Student Instructions Activity #3: Applying the Golden Rule

Review

What is the golden rule and who does it involve?

Write

Write down on a piece of paper on how you have applied the golden rule to your life and how the outcomes affected those involved. If you have not applied the golden rule yet, write down how you would want to practice it as well as the outcomes that will come from that action.

Share

Share with the class how you have used and or want to use the golden rule in your life if you are comfortable with doing so.

Apply

What are the ways in which you can apply the Golden Rule each day?



Quiz

1. What is the Golden Rule?
 - a. A moral rule that states that other people must give you what you want.
 - b. A moral rule that states that you must give other people what they want.
 - c. A moral rule that states that you must treat others the way you want to be treated.
 - d. A moral rule that states that everything must be measured in a certain way.

2. Which of the following statements practices the golden rule?
 - a. I want to buy my friend's lunch because I would want them to do the same for me.
 - b. I don't want to help my friend with their homework because they wouldn't do that for me.
 - c. I don't want to help my mother cook because it's not my job.
 - d. I don't want to help my brother practice football because I don't care about the sport.

3. Who benefits from the Golden Rule being applied in our lives?
 - a. Only myself.
 - b. Those who return the kindness.
 - c. The other person.
 - d. Other people and myself.