



Welcome to



Dear Families and Caregivers,

EXPLORE KINDNESS is an online program designed to help children build positive social and emotional habits. Studies show that effective social skills education helps students feel more motivated, get better grades and have less aggression.

Using a variety of creative activities, the program centers around the adventures of Captain McFinn and his Undersea Friends. Goals and objectives of the program include:

- exploring positive ways to deal with social problems
- learning to help and support friends with diverse backgrounds and cultures
- exploring positive character traits found in good friends
- working together in a way that emphasizes cooperation, fairness and tolerance
- learning to show respect and kindness toward others
- identifying healthy ways to deal with strong feelings

Your participation and guidance in the program will add to its success. **FAMILY SHEETS** are available as free downloads. These activities are a wonderful way to talk about the important ideas covered in Explore Kindness and how they relate to your own family and community.

