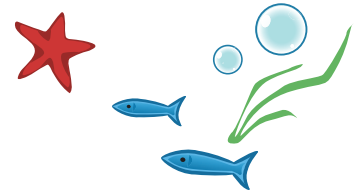


Week 4

Friendship



This comprehensive guide contains all the lessons, activities and tips you need to fully implement the program.

Posters

Three full-color posters are available to purchase or print from our website:

- 1) *We Are a Class of Helpers* — Summarizes helpful classroom behaviors
- 2) *How Do You Feel?* — Provides visual cues for basic emotion recognition
- 3) *The Kindness Pledge* — Reviews the program's core messages

Puppets

The program incorporates four puppets into the lessons: Captain McFinn, Three-Tooth, Stank and Tox. Puppets are featured in role plays and other creative activities that model healthy social-emotional behaviors. You may purchase plush puppets from our online Store, or use the DIY templates found on pages 18-31 to create your own.

Reward Stickers

Three sticker designs are available for purchase. These can be used to emphasize the program's key messages and reward positive classroom behaviors.

Picture Books

Our website features original titles in paperback, big book, and hardcover formats. These can be used to further learning and engage students in the colorful world of Captain McFinn and his friends.

Videos and Original Songs

Animated cartoons, sing-a-longs, yoga videos and much more are available on the Explore Kindness Youtube channel at www.youtube.com/McFinnandFriends. Music CDs may also be purchased from our online Store.

Find all the supplemental resources at our website: www.explorekindness.com.

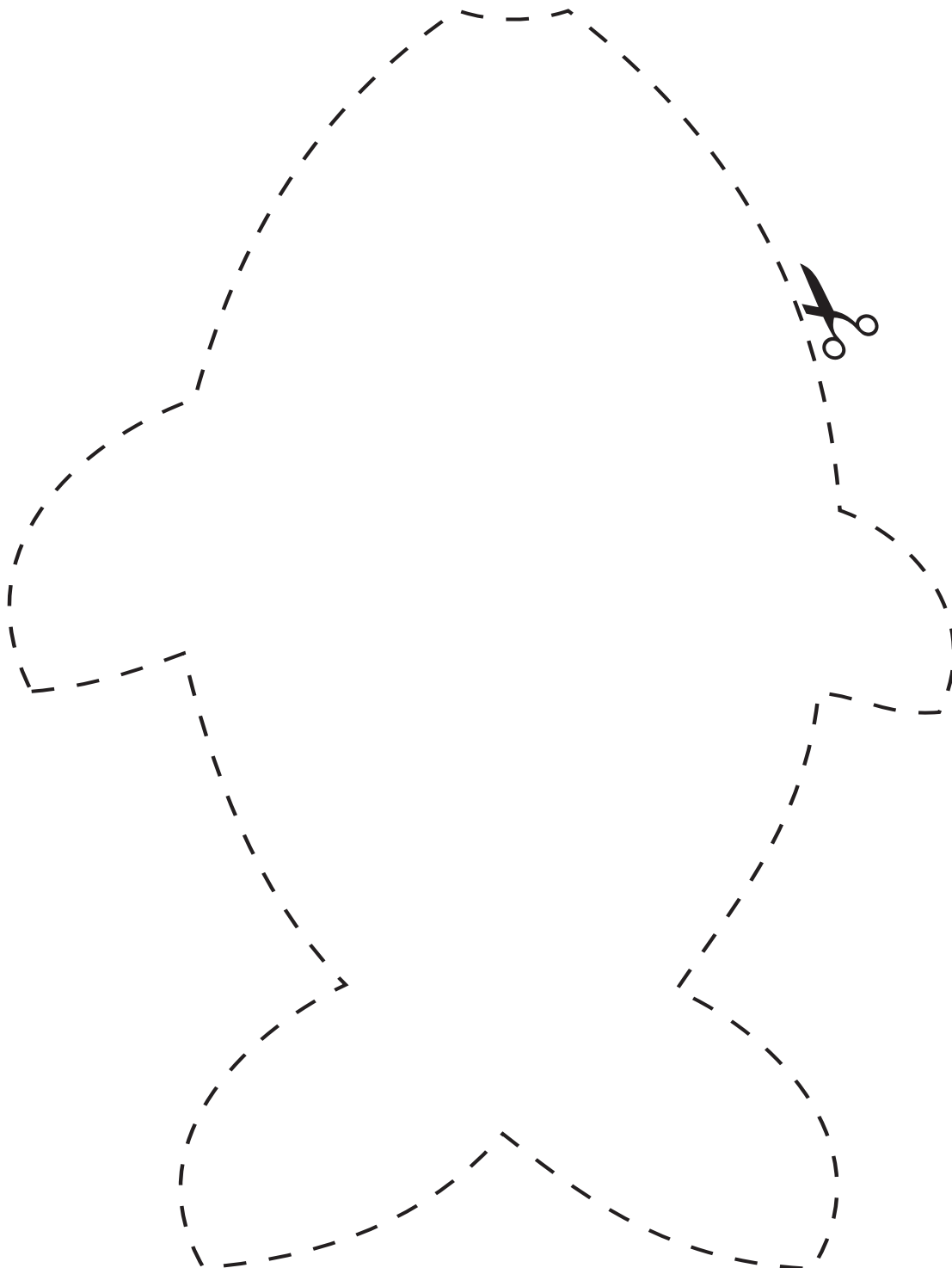
After exploring key themes in the following lessons, participating in group activities and completing the worksheets, your students will learn to:

- identify examples of kind and unkind behaviors



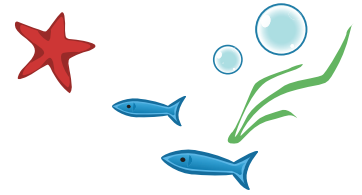


Fishing for Friends



Week 4

Friendship



- explore positive and negative ways to deal with relational or social aggression (e.g., teasing, exclusion, ignoring, etc.)
- use role play to act out and practice various social skills
- develop supportive behaviors for themselves and their friends
- realize that in many conflict situations, it is best to get help from an adult
- demonstrate respect and kindness toward others
- discuss the importance of making good choices
- better understand the positive character traits found in good friends
- work together in a way that emphasizes cooperation, fairness and teamwork

Teacher Tip

Group activities are safe opportunities for children to learn more about one another, build trust and make friends.

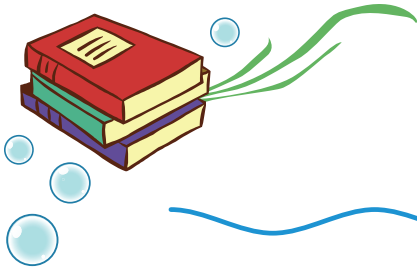
When placing children in groups, begin by pairing up those who are friendly with each other. Then strategically pair up children who do not know each other well, or pair outgoing children with those who are more introverted. Be sure to give the children specific cooperative tasks to complete.

Connect to SCIENCE

Remind students that fish travel in groups called “schools.” Use the decorated fish to make a classroom mobile. Using tape, attach the fish to strings or ribbons of different lengths. Then create a “school” of fish by tying the strings or ribbons to the bottom of a coat hanger.

Students are important members of their own school. By making and keeping good friends, they make their school a happy, safe place to learn.





Week 4

Friendship

- practice empathy and perspective-taking skills
- practice good manners
- use good communication skills during times of stress and conflict
- recognize various emotions in themselves and others
- identify healthy ways to deal with strong feelings

In the next few days, our class will begin work on a program called McFinn Explore Kindness. This program is designed to teach kindness, respect and positive friendship behaviors.

Using posters, puppets and a variety of activities, the program centers around the adventures of Captain McFinn and his Undersea Friends.

Goals and objectives of the program include:

- identifying helpful and hurtful behaviors
- exploring positive ways to deal with friendship problems
- discussing positive character traits found in good friends
- working together in a way that emphasizes cooperation, fairness and teamwork
- learning to show respect and kindness toward others
- identifying healthy ways to deal with strong feelings

Your participation and guidance in the program will greatly add to its success. The program includes take-home **Family Sheets** for you and your child to complete together. Each sheet provides talking points to help you share and explore what was learned.

If you have questions about the program, please feel free to contact me.

