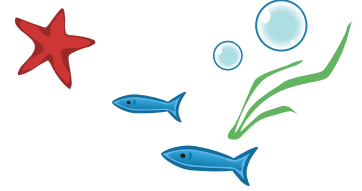


# Kind or Unkind?



Welcome to McFinn Explore Kindness, a comprehensive program designed to help K-1st grade students practice positive social skills. Traveling to the colorful world of Captain McFinn and his undersea friends, children will learn about kindness, empathy, responsibility and much more.

This Teacher's Resource Guide will lead you through eight weeks of content, including lesson plans, activity sheets and helpful strategies. Each week, a new topic will be introduced and broken into three lessons called Finn Breaks. These lessons feature hands-on, cooperative exercises to strengthen students' social and emotional learning. Each Finn Break takes about 10-20 minutes to complete. They may be completed anytime during the week.

Consider having Finn Breaks in the morning, bringing focus to the class and getting the day off to a positive start. Lesson time can also be ideal when students need renewed energy or focus. This could be after lunch or recess, or before a challenging subject.

Each lesson includes bulleted talking points to guide you through class discussions, such as:

- What are some words that describe a good friend? (nice, honest, helpful, caring, kind, fair, etc.)
- Can you think of a time when you made a new friend? What happened?

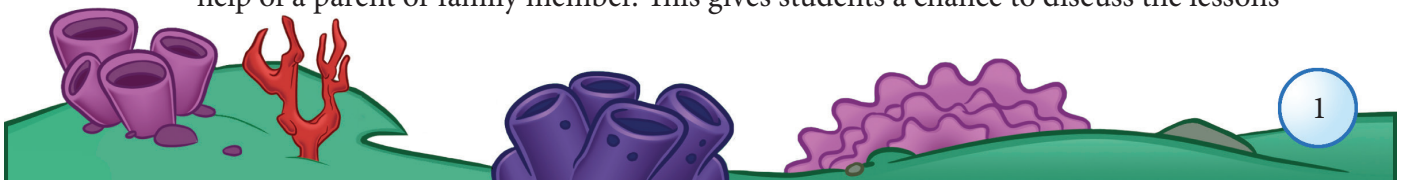
On pages 13-14, you will find correlated skills from the American School Counselor Association and the Centers for Disease Control and Prevention. These have been curated to help you focus on social-emotional learning objectives for primary grade students.

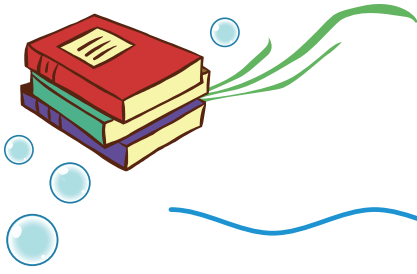
On pages 6-7, you will find a **Verification Checklist** to help you track students' progress through the learning objectives for each lesson.

One lesson builds on the next, allowing students to practice positive behaviors as they develop stronger social skills. For this reason, we suggest teaching the lessons in the order they are presented.

Follow the suggested steps below for successful implementation:

- Before beginning the program, sign and duplicate the **Dear Caregiver Letter** found on page 5. Each weekly topic includes a **Family Sheet** for students to complete with the help of a parent or family member. This gives students a chance to discuss the lessons





Week 1

# Kind or Unkind?

with a caregiver, while helping family members feel included in the program.

- Display Explore Kindness posters in your classroom. These can be printed from PDF files at [www.explorekindness.com](http://www.explorekindness.com), or ordered from our online Store. The posters can be used during teachable moments to remind students of key messages in the lessons.
- When it's time for a Finn Break, give students a non-verbal signal to focus their attention. For instance, you might ring a chime or use your hands to make the shape of a shark fin.
- Briefly review the primary concept of the current week. Discuss what happened during the last Finn Break.
- Complete the steps of the current Finn Break.
- Ask questions to make sure students understand the key social skill. Mention a specific outcome of learning the skill. ("Now we can practice our friendly faces when we meet someone new.")
- Distribute the weekly **Family Sheet**. This will allow students to discuss and practice social skills at home. Consider distributing the sheets at the end of the day, making sure students understand the content.

## Teacher Tip

Kindness begins with you. Students learn by watching what you say and do to others. Make a habit of starting the day with a lesson in empathy.

Each morning, greet a few students personally as they enter class. Talk about whatever is on their mind. Try to discover one thing each student loves and make a note of it. From time to time, ask students about their special interests. This will make them feel respected and connected.

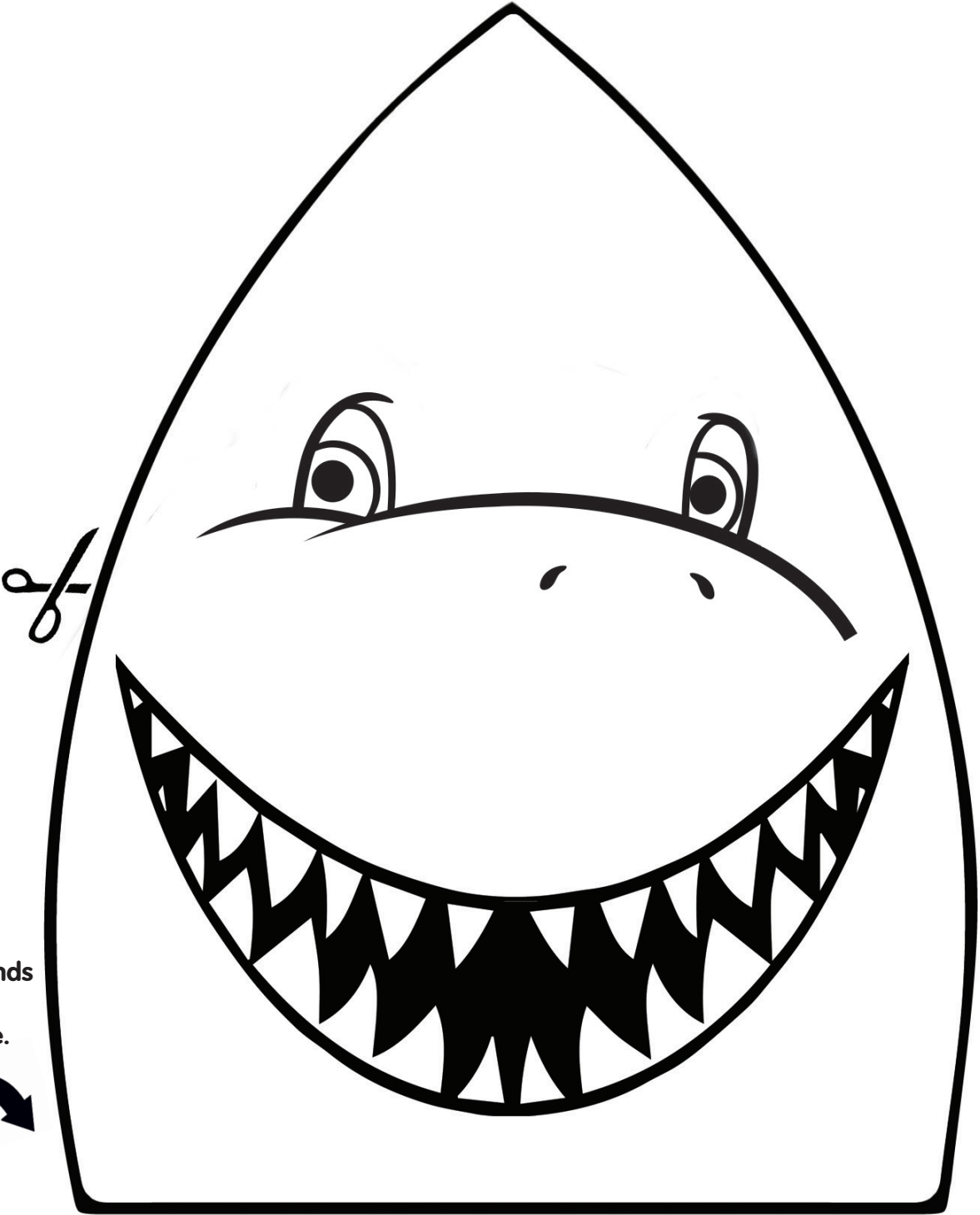
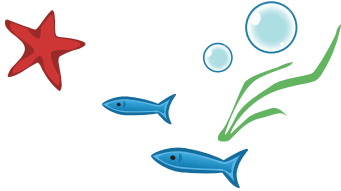
The McFinn Explore Kindness program contains the following components:

### Teacher's Resource Guide

2

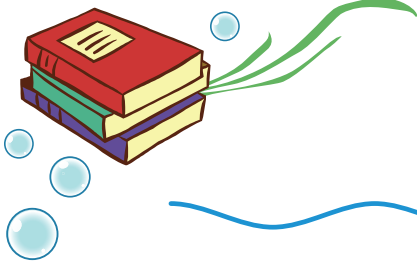


# S.H.A.R.K. Finn Hats



Glue headbands  
to back of  
SHARK here.





Week 1

# Kind or Unkind?

## Finn Break 3:

1. Spend some time reviewing examples of kind and unkind behaviors. Ask students to name specific examples from their own lives. Remind children to be respectful and not use specific names. Talk about ways to respond to both kind and unkind actions.
2. Using the tune of “Farmer in the Dell,” teach students to sing the Explore Kindness Pledge. Use the *Kindness Pledge* poster to help them follow along.

**I will not be unkind  
Won't tease, ignore or lie  
I'll never think it's fun  
Making other people cry**

**I promise to be kind  
To help, include and share  
Making friends is better  
I will work to show I care**

### Connect to HISTORY

Read the book *Annie and Helen* by Deborah Hopkinson (Schwartz & Wade, 2012) for ages 3 to 8. Then use the questions below to discuss the powerful friendship between Helen Keller and Annie Sullivan.

How did Helen act before she met Annie? (Helen was sometimes hurtful to others.) How might Helen have felt inside? (Scared and lonely.) How did Annie's kindness help Helen? (Annie taught Helen how to use her fingers to talk with others. She helped Helen learn to be a good friend.)

### Teacher Tip

It's not enough to tell children to be kind. A more effective practice is to quickly and consistently recognize their kind behaviors. When a student shows kindness, provide praise by naming the specific action, then name a direct outcome of that action.

PRAISE: I really like how you asked Tim to draw with you.

OUTCOME: Did you see how he smiled when you asked?