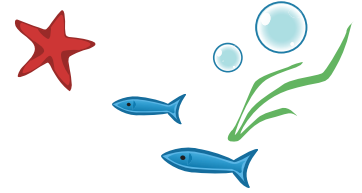


What Is Bullying?



These suggestions are recommended to support the key goals and messages of the program.

Model positive social skills by using them in your own interactions.

If a situation is frustrating, acknowledge what a student is feeling, then provide clear directions, along with encouragement:

I know you're excited, but we can only finish this story if everyone is sitting down and listening quietly.

Use a Daily Check-in to model empathy and become more familiar with your students. Pay attention to their concerns, interests and social challenges. Be intentional about your connections with every student.

Use daily interactions to praise positive social skills. Catch students “in the act” of making good choices that establish and maintain constructive relationships with others. McFinn Explore Kindness provides stickers to help you recognize these moments.

Allow your students to participate in the formation of class rules, consequences and rewards. This will help them feel connected to their classroom community. Keep the discussion simple by discussing helpful and hurtful actions, as well as their possible outcomes.

Make sure students know the hurtful outcomes of socially aggressive behaviors, such as gossip, teasing, eye-rolling, excluding and whispering. These are often overlooked.

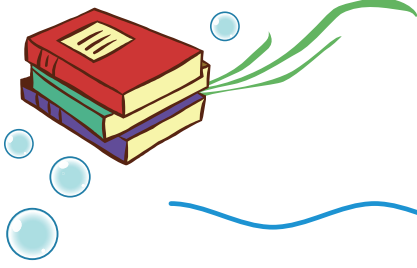
Bring kindness to your classroom by making it a safe place to share answers and discuss ideas. As a listener, model compassion and patience. Praise students' efforts and beliefs (“I can learn to do this”) as much as their abilities. When someone is sharing a thought or answering a question, have a no-tolerance policy for ridiculing or teasing.

Praise and correct students by naming specific choices, attitudes or behaviors. Avoid using fixed labels, such as *bully* and *victim*, as these can make children feel stuck in certain roles. Focus on children's abilities to make choices and work hard.

Practice active or whole-body listening to help students learn this invaluable skill.

Focus on change and growth. Help students see the brain as a muscle that gets stronger through reading, studying and discussion. Promote mistakes as a positive opportunity to learn and get better.





Week 7

What Is Bullying?

When students demonstrate positive social skills, give them specific praise, followed by an outcome of the action.

I like the way you worked with Austin. Together, you were able to finish the project.

Thank you for being quiet as a class when I stepped away. That was very helpful.

Thanks for letting me know you needed help. I'll hold the paper while you cut it.

I appreciate how you moved to the story circle quickly and quietly. Now we have more time for stories.

I'm glad you asked Thomas to play. He seems happy to have made a friend.

Thank you for letting me know what happened. It can be hard to use words when we're upset, but I knew you could do it.

Use role play, puppets and stories to demonstrate social skills.

If you read a story about someone who shares, reference it when you see an instance of sharing. This will help to reinforce key messages. Use the same technique to address problem behaviors on a general level, rather than calling out individual students.

Aim to focus on positive social skills, rather than negative behaviors. Include stories and role plays about making new friends, including others, giving compliments, helping others, etc.

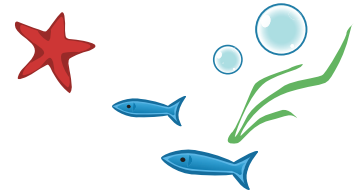
Feel free to improvise or edit scenarios to reflect the concerns and interests of your students. For instance, if you hear them talking about a popular game, weave it into the storyline.

Encourage children to consider a situation by asking questions: What happened? Was it hurtful or helpful? What might happen next? What could someone do instead?

Some scenarios invite students to share and discuss their feelings. This will be more comfortable for some than others. When possible, give children the option to share privately. Some students may prefer to draw what they are feeling instead of talking about it.



What Is Bullying?



The National Standards for Students of the American School Counselor Association (ASCA) were established to guide school programs that provide the foundation for personal and social growth. McFinn Explore Kindness meets the following ASCA standards:

Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

- ✓ Identify and express feelings
- ✓ Distinguish between appropriate and inappropriate behavior
- ✓ Understand the need for self-control and how to practice it
- ✓ Demonstrate cooperative behavior in groups
- ✓ Use effective communications skills
- ✓ Learn how to make and keep friends

Students will make decisions, set goals and take necessary action to achieve goals.

- ✓ Understand consequences of decisions and choices
- ✓ Develop effective coping skills for dealing with problems
- ✓ Demonstrate when, where and how to seek help for solving problems and making decisions

Students will understand safety and survival skills.

- ✓ Learn about the differences between appropriate and inappropriate physical contact
- ✓ Differentiate between situations requiring peer support and situations requiring adult professional help, with emphasis on getting help from adults

*(Source: American School Counselor Association (2004).
ASCA National Standards for Students. Alexandria, VA)*

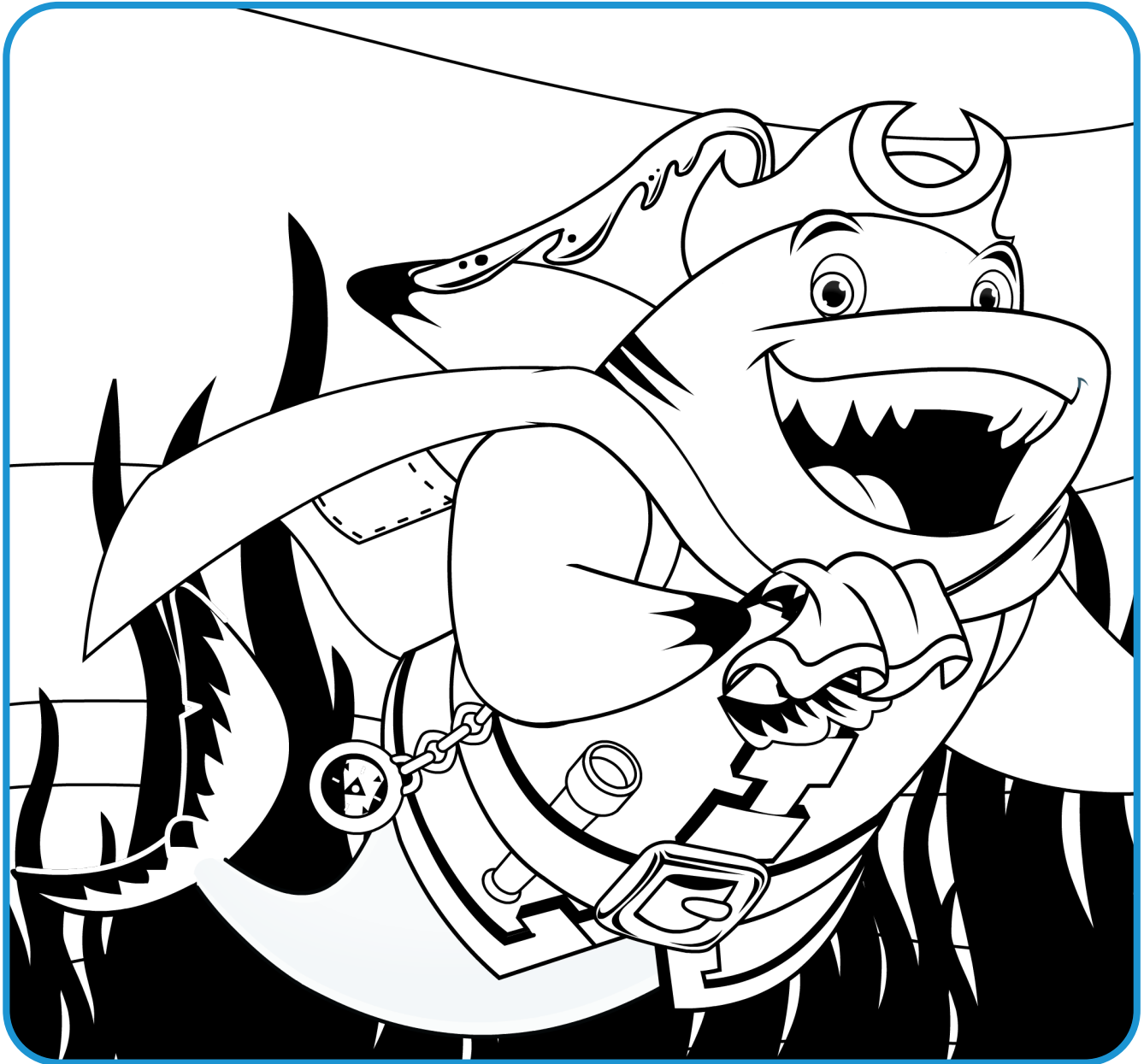
Objectives:



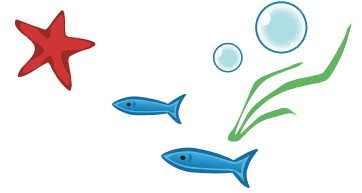


Color It Kind

Listen carefully to know which colors to use for Captain McFinn.



What Is Bullying?



In this lesson, your students will:

- meet Captain McFinn and other characters featured in the program
- discuss the importance of kindness and the power it has to change others
- explore examples of kind and unkind behaviors

Materials for Week 1:

- *The Legend of Captain McFinn* animation
- scissors, tape and glue
- markers or crayons
- craft board or craft foam

Finn Break 1:

1. Tell students they're going to take a trip to an undersea world full of new friends and adventures. When they are quiet and settled, view *The Legend of Captain McFinn* animation (available in the **Videos** tab of www.mcfinnexplorekindness.com).
2. Discuss the video with students.
 - How did the fish at the shipwreck treat Bella, Inky and Four-Tooth?

Teacher Tip

Many socially aggressive children are social leaders with extroverted personalities and advanced social skills. However, these same children often have trouble keeping friends. Be aware of this dynamic and keep an open mind when it comes to relational aggression.

(Russell et al., 2003; Bonica, et al. 2003; Jonson & Foster, 2005)

Teacher Tip

Students will take pride in standing up to relational aggression if they feel like an important member of a team effort. If they see aggression you don't, let them know it's their duty to tell you. Encourage them to support the target in a safe way.

Avoid using the word *tattle*. Instead, praise students who support one another.

