



What Is a “Cool Kind Kid?”

Hi, boys and girls! My name is Barbara Gilmour, and this story is about being a “Cool Kind Kid.” Do you know what a “Cool Kind Kid” is? Would you like to find out?

The “Cool Kind Kid” story starts with my grandson, Tanner. When Tanner was nine, he talked to me about some of the things he saw kids doing that weren’t very nice. He and his friends didn’t like seeing other kids being teased and picked on. They didn’t think that was right. But most of the kids at their school seemed to think hurting others’ feelings was okay — even “cool.”

Tanner asked me if it was possible to be cool and kind at the same time. I told him sure, and that it could be fun to learn how. I invited Tanner and some of his friends to my house after school so they could learn how to be “Cool Kind Kids.”

It was fun for me to meet his friends. Both boys and girls came. They all had stories to tell about how they had been treated by other kids. Some were gossiped about on the Internet, some were made fun of and some were left out of games. Some were even bullied. They all wanted to find ways to stop some of the mean things kids were doing.

Tanner had told his friends that I was a children’s manners teacher, so I asked them what they thought manners were. One friend said, “How to eat without grossing others out!”

Another said, “Not sticking fries up your nose!”

Someone else yelled, “Not having spaghetti hanging from your chin.”

They all said, “Saying ‘please’ and ‘thank-you’ is good manners.”

I explained that manners are about more than just eating right. Manners help us get along with one another. They show us how to be kind to people and treat everyone with the same respect. Manners help us be a good friend and teach us how to care about someone who is hurt or being bullied. They teach us how to be polite, kind and caring.

Did you ever hear of The Golden Rule? Many people think it is the basis for good manners. It says we should “treat others the way we want to be treated.” Tanner and his friends thought that was a “cool” rule. (We’ll talk more about that next time.)

Tanner invited a new friend to the group. His name is Truman, and he’s a dragon. He wants to learn how to be cool and kind, too. Tanner and his friends have already learned to be accepting of everyone, even if he or she is not just like you. They are excited to have a dragon for a friend.

Please join us as Tanner, Truman and their friends find out how to be “Cool Kind Kids.” Each story will show ways to be “cool” and “kind.”

You can be a “Cool Kind Kid,” too!

Barbara Gilmour, Tanner’s grandmom, is the creator and developer of the Tanner’s Manners: Be a “Cool Kind Kid” Social Skills, Character Values, and Anti-Bullying Elementary School Curriculum, the “Cool Kind Kid” Camp Kits, and the award-winning “Cool Kind Kid” Audio CD. Along with co-authors Dr. Sydelle Mason and Dr. Wendy McDermott, the “Cool Kind Kid” team is committed to helping kids reject bullying and violence by offering them the social skills tools they need to redefine “cool.” © Cool Kind Kid 866-KID-KIND www.CoolKindKid.com