



"Cool Kind Kid" Challenge

The "Cool Kind Kid" Challenge

By Barbara Gilmour

"Welcome back from vacation, everyone. I'm glad to see Tanner, Nicole, Rudy, Stephen, Carmen, and Truman the dragon here today. Let's begin by sharing some "Cool Kind Kid" things you did over the holidays. Wow! I see every hand up. Nicole, let's start with you."

"Okay. My next door neighbors went to visit their grandchildren over the holidays and asked me to put their trash out on trash day, and then bring the cans back in. It was easy to do and I felt good helping them."

Rudy's hand was waving back and forth. "I helped my Dad put a bike together for my little brother. It was fun to work with him, and my brother said the bike was cool."

Stephen added, "I helped my Mom wrap gifts."

Carmen shared, "Our neighbor lost his job. We had a family meeting and decided to help them. We bought some toys for the kids and gave them some food."

Tanner added, "We went to a homeless shelter where we served meals to many people."

Truman was listening to each person share their "Cool Kind Kid" activity. He finally said, "It makes me happy to hear that we are learning to be kind and caring to others. There are so many people who need help all of the time, not just at the holidays. Let's be 'Cool Kind Kids' all year long." Everyone high-fived, cheered, and yelled, "Cool."

"Since you all agree that being "Cool Kind Kids" all the time is "cool," let me introduce the "Cool Kind Kid" Challenge. This Challenge asks kids two questions, 'Are you TOUGH enough to be KIND?' and 'Are you COOL enough to be KIND?'" Everyone wanted to know what the Challenge was all about.

Let's talk about the Challenge by starting with a few questions. "Is it easy to always be kind?" Everyone said, "no!" "Do your friends always think you're cool if you're kind?" Again, everyone said, "no!" "Do you try harder in your sport when competing against another team or person?" Everyone agreed that they did.

Tanner was thinking about this and said, "I like a challenge. It does make me try harder."

Nicole added, "I want to do my best no matter what. Maybe making a challenge out of being kind could get more kids to try it."

Rudy jumped up, "I'm tough, and sometimes rude and not so kind, so I would be willing to try a challenge like this."

Carmen agreed, "We can all do better with being kind and caring. But we need to get all the kids on the same page for it to work."

Truman shared, "Many kids think dragons are tough guys, so we have to try extra hard to show them that we are kind and caring too. A challenge is a good way to help kids learn that being different is a good thing. We can learn that everyone can be kind and cool." We'll talk more about the "Cool Kind Kid" Challenge next time.

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 educational materials and the award-winning "Cool Kind Kid" Audio CD. © Cool Kind Kid. 866-KID-KIND. www.CoolKindKid.com.