



## Cool Kind Kid Challenge

### A Friend Is, Does and Says...

By Barbara Gilmour

The kids were all excited that Francie was back for another “Cool Kind Kid” class. She greeted Tanner, Nicole, Rudy, Stephen and Carmen all by their names. Then she saw Truman and said that her friends wanted to meet him. They all thought having a dragon for a friend was cool.

I told everyone how cool it is to remember someone’s name.

Nicole raised her hand to add, “Remembering someone’s name shows you care about them.”

Rudy jumped in with, “That’s a good way to make friends!”

“Today we’ll be talking more about being a friend. Do you think there are some things that you can do to help you have more friends?”

Everyone said, “Yes!”

“Let’s see how many things you can think of that would be what a good friend is, does and says.” Every hand went up.

Francie shared, “I like to help and encourage my friends.”

Nicole added, “It’s not cool to tell others what your friends tell you.”

“We should keep a friend’s secret and not post stuff on the Internet about anyone, either,” Rudy said.

Tanner continued by saying, “Listening when a friend shares a problem shows we care.” Carmen added, “It’s kind to cheer each other up.”

Truman said, “I like to have fun with my friends. We play games together and hang out at each other’s homes.”

“That means sharing toys, games and books, and taking turns and playing fairly,” added Stephen.

Nicole also added, “When visiting a friend’s house, we need to respect their rules and their space and treat their stuff the right way.”

“You have great ideas for how to be a good friend.”

Tanner shared, “There’s a new kid on my block, and I wanted to make him feel welcome and included. I walked with him to school and introduced him to my friends.” Carmen high-fived Tanner, saying, “Way to go, Tanner. That was kind and cool.”

“Have any of you heard the term ‘after you’?”

Some of the kids looked puzzled. Nicole said, “Isn’t that when we let a friend go first?”

Rudy added, “Like giving your friend the last cookie?”

“Both of you are right.”

Stephen commented, “That’s holding the door and letting someone go through first, right?” “It can also mean letting your friend choose the game you play, or letting them play with your special toy first.”

Truman added, “I am different, so I try to be accepting of everyone. It isn’t fair to tease or pick on someone because he or she isn’t just like you. You can really hurt someone’s feelings. A cool and kind person is considerate of a friend’s feelings.”

Rudy jumped up and yelled, “Let’s put the ‘Cool Kind Kid’ Challenge to work here. We can all practice the things we need to say and do to be a good friend. And, let’s get all the other kids at school on board, too. Maybe if more kids are trying to be friends, they won’t need to be bullies.” Everyone agreed that was a great idea.

*Barbara Gilmour, Tanner’s grandma, 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.*