



Proud Penguin - Lessons for Three Age Groups

1) Pre-school up to 2nd grade

- a. **Objective:** Students will demonstrate knowledge of the eating habits of Penguins and seagulls, understand the idea of making new friends with those who are different than you, understand the concept of being happy to be yourself.
- b. **Process:** Ask students what they know about penguins/seagulls. Ask what is same of different between penguins/seagulls. Read **Proud Penguin** together. Ask students about their experiences making new friends. Ask what they like about new friends. Sing song with whole group (while dancing like a Penguin or a Seagull). Sing song again, highlighting line "...happy to be ME!"
- c. **Note:** This program has already been shared successfully with over 500 preschoolers in US and Asia.

2) 5th-8th Grade

- a. **Objective:** Students use story to discuss teasing, bullying, and physical attributes.
- b. **Process:** Read **Proud Penguin** together. Discuss reactions. Share my own life story of being bullied in 8th Grade, students encouraged to share stories of bullying, write a song/poem/story about the topic.

3) HS-Adult/Corporate team-building:

- a. **Objective:** Use story to discuss own one's own experience and talents, roles within teams, and healthy team-building.
- b. **Process:** Read **Proud Penguin** together. Have participants discuss first reactions. Discuss in small groups how teams operate, and in the whole group brainstorm how the participants can use compassionate understanding of each other's talents, work habits, and, work styles to challenge and empower each other more effectively to enhance the strengths of the team and minimize weaknesses to make life on the team more rewarding.