

Teacher's Guide for *Pete the Purple Bull*,

a children's book written by Kim Riley-Quinn and Illustrated by Austin Robertson

About the Writer: Kim Riley-Quinn is a licensed clinical therapist and school social worker with over 20 years of experience working with children and families. She specializes in helping children and youth learn strategies to find their way through depression and anxiety. She is the co-founder and creator of the Pete the Purple Purple Bull Program, a non-profit organization that specializes in addressing the issue of Bullying.

About the artist: Austin Robertson is a former student of North High School in Davenport, Iowa where Kim Riley-Quinn also has worked. Austin has won multiple awards at the local and State level for his art work. This is Austin's 1st published children's book that has been well-received by children, families and educators.

Book Overview:

Pete's Grand Plan presents the topic of Bullying and offers strategies to students on effective ways to address this challenging issue. Pete's Grand Plan was written to assist students (preschool to 3rd grade) to increase their awareness of the social skills needed to interact responsibly with others and also to increase their understanding of their own emotional and social needs

Pete's story incorporates the five key "competencies" of Social Emotional Learning put forth by CASEL (Collaborative, Academic, social and Emotional learning).

- **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.
- **Self-management:** The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.
- **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.
- **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
- **Responsible decision-making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

The characters presented in *Pete's Grand Plan* are guided by three basic rules that incorporate the five key competencies put forth by CASEL):



Rule #1: Bee your own best friend. This means you:

- ✓ Treat yourself with Respect & Kindness (with your words and your actions)
- ✓ Encourage yourself to set challenging goals
- ✓ Allow yourself to examine the different choices available and the consequences
- ✓ Choose actions that keeps you safe and healthy
- ✓ Advocate for your right to be safe and treated respectfully



Rule #2: Bee Respectful & Kind to your Neighbors

- ✓ Interact with others in a respectful and kind manner (through your words and your actions)
- ✓ Actively seek to understand those who are different than you and help them to feel welcomed and valued
- ✓ Safely assist others who are being mistreated and/or are unable to stand for themselves



Rule #3: Bee Respectful & Kind to the World in which you live

- ✓ Do your part to keep your neighborhood & school, safe and healthy for everyone
- ✓ Bee the positive change in the World

Summary of Lesson Plans:

This packet includes 10 lesson plans that incorporate Reading and Writing exercises with essential social/emotional lessons to provide a comprehensive learning experience for students as well as activities that can be adopted by classrooms or entire schools.

Lessons 1A & 1B:	Readers Define Bullying and identify strategies to address it. *Kindness Rock's Campaign is introduced
Lessons 2A & 2B:	Students explore the World of Harmony Farms as well as their own.
Lessons 3A & 3B:	Students explore the unique traits of Gracie and Pete as well as their own
Lessons 4A & 4B:	Readers identify why Pete & Gracie were friends as well as the strategies the Readers use to make and keep friends
Lessons 5A & 5B	Readers identify the feelings Gracie experienced when she was Bullied and how she felt after her friends helped her find solutions. Readers identify strategies they can use to help them through tough times, including self-dialogue.

*Kindness Rocks Campaign: Year-long activities designed to create a sense of community and social responsibility within the classroom and/or school that are based on the school motto mentioned in Pete's book: "We're a school with a motto to respect and to care".