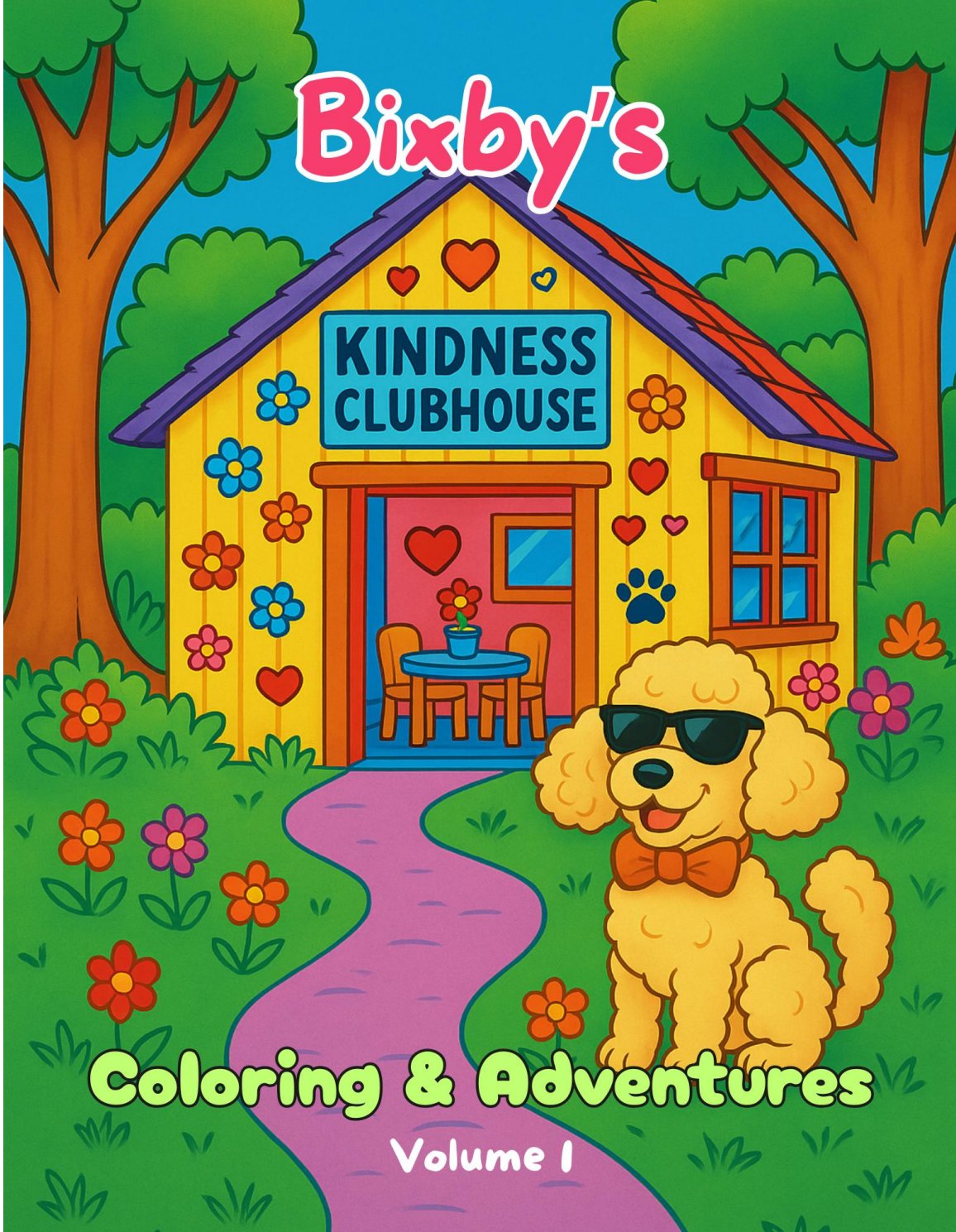


INSTRUCTOR MANUAL



Coloring & Adventures

Volume 1



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INTRODUCTION

Welcome to the Instructor Manual for *Bixby’s Kindness Clubhouse Coloring & Adventures, Volume 1*.

This guide equips educators, counselors, group leaders, and parents with everything needed to bring each Top-Secret Mission to life—combining joy, creativity, and purposeful alignment with CASEL Social Emotional Learning (SEL) and Transformative SEL (T-SEL) standards. Each mission strengthens core competencies through engaging coloring activities and creative personal development challenges tailored to meet children where they are.

The program begins with students reciting and signing *The Kindness Clubhouse Pledge* and receiving the honorary title of *Pawsitivity Director*. With their pledge accepted, they embark on a series of missions, each focusing on different values.

Every mission includes:

- 1) A personal growth activity for the students own development.
- 2) A kindness action directed toward someone else.
- 3) A creative reflection. A drawing or written entry on the “My Mission Journal” pages that is inspired by a prompt tied to the missions core values.

Each mission is supported by a detailed lesson plan that outlines learning objective, step-by-step facilitation, SEL and T-SEL competency alignment, and adaptations for various grade levels.

Through a blend of reflective journaling, group discussion, and values-based activities that are both lighthearted and meaningful, Bixby inspires children to grow into compassionate, confident, and socially responsible individuals. Whether used in a classroom, club, camp, or at a kitchen table, Bixby’s books help children embody emotional intelligence, empathy, and courage—one *paw-some* mission at a time.

SOCIAL EMOTIONAL LEARNING COMPETENCIES



Bixby's Kindness Clubhouse missions are designed to help children grow into compassionate, confident, and socially responsible individuals. The program aligns with the five core competencies identified by CASEL (Collaborative for Academic, Social, and Emotional Learning), a widely recognized framework implemented in various forms across the United States and in educational settings worldwide.

Many states and school systems have formally integrated these competencies into their academic standards, while others weave them into local curricula or character education initiatives. Regardless of approach, these skills prepare children to succeed academically, build healthy relationships, and make meaningful contributions to their communities.

Bixby's Kindness Clubhouse offers a playful yet structured way to nurture these competencies through creative missions, collaborative activities, and guided reflection—making it a versatile resource for classrooms, after-school programs, community organizations, and family learning at home.

SEL COMPETENCIES

Self-Awareness

Recognizing and understanding one's own emotions, thoughts, and values is foundational for understanding how one's actions impact others.

Self-Management

The ability to manage emotions, thoughts, and behaviors effectively in different situations, including impulse control and stress management, which are vital for positive interactions.

Social Awareness

Showing understanding and empathy for others, including those from diverse backgrounds. This involves recognizing social norms, understanding others perspectives, and demonstrating compassion and gratitude, and directly relates to kindness and respect.

Relationship Skills

The ability to establish and maintain healthy and rewarding relationships to communicate clearly, listen actively, cooperate, negotiate conflict constructively, and seek/offer help. These are direct measures of civility and positive social interaction.

Responsible Decision-Making

Making constructive choices based on ethical standards, safety concerns, and social norms, and considering the well-being of self and others. This involves analyzing consequences and reflecting on ones role in promoting community well-being, which inherently supports respectful and kind actions.

T-SEL COMPETENCIES

Identity

Developing a strong, multifaceted sense of self that remains resilient in the face of adversity.

Agency

Empowering children to take action and shape their own learning and lives.

Belonging

Fostering genuine inclusiveness and acceptance within a community.

Collaborative Problem-Solving

Building skills to co-create solutions by sharing ideas, listening to others, and working together equitably.

Curiosity

Encouraging open-minded exploration and respect for different perspectives in problem-solving

MISSIONS AT A GLANCE

Mission Title	Core VALUES	Key Activities & Challenges	SEL Focus Areas	T-SEL Focus Areas
Joy Drop	Joy, Positivity, Complimenting Others	Dance party warm-up, give 3 compliments, Joyride coloring, journal about joy	Self-Awareness, Social Awareness, Relationship Skills	Identity, Agency, Belonging, Curiosity
Sky Snatcher	Bravery, Resilience, Encouragement	Frisbee warm-up, try something new, cheer others on, journal aim high vision	Self-Awareness, Social Awareness, Relationship Skills	Identity, Agency, Belonging, Curiosity
Bubble Boss	Self-Care, Positivity, Encouragement	Bubble stretch, self-care activity, give a Bubble Boost compliment, journal relaxing moment	Self-Awareness, Self-Management, Social Awareness	Identity, Agency, Belonging, Curiosity
Shine	Teamwork, Kindness, Responsibility	Sparkle stretch, clean/organize space, encourage cleanup crew, dream clubhouse journal	Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making	Identity, Agency, Belonging, Collaborative Problem-Solving
Dream Big	Imagination, Self-Belief, Confidence	Stretch & sigh, imagine big dream, self-encouragement, dream journal	Self-Awareness, Self-Management, Responsible Decision-Making	Identity, Agency, Belonging, Curiosity
Paws of Courage	Courage, Kindness, Service	Superhero pose warm-up, act of service, help at home, brave moment journal	Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making	Identity, Agency, Belonging, Collaborative Problem-Solving
Movie Manners	Respect, Courtesy, Cooperation	Red carpet warm-up, model respectful behavior, create movie manners journal entry	Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making	Identity, Agency, Belonging, Collaborative Problem-Solving, Curiosity
High Flyin'	Confidence, Courage, Encouragement	Confidence countdown pose, try something new, encourage others, brave moment journal	Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making	Identity, Agency, Belonging, Collaborative Problem-Solving, Curiosity
The Smore the Merrier	Teamwork, Encouragement, Cooperation	Campfire circle shout-outs, team project, teamwork success journal	Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making	Identity, Agency, Belonging, Collaborative Problem-Solving, Curiosity
Shine on Super Star	Kindness, Humility, Self-Reflection	Applause circle warm-up, celebrate wins, set kindness goals, reflection journal	Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making	Identity, Agency, Belonging, Collaborative Problem-Solving, Curiosity

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JOY DROP

VALUES

Joy, Positivity, Complimenting Others

LEARNING OBJECTIVES

- ◆ Students will identify personal sources of joy and happiness.
- ◆ Students will practice giving compliments to peers.
- ◆ Students will reflect creatively on experiences that spark joy.

CONVERSATION STARTERS

- ◆ What's something that always makes you smile?
- ◆ How does it feel when someone compliments you?
- ◆ What happens when you share joy with others?

GROUP REFLECTION QUESTIONS

- ◆ What did we notice about today's mission?
- ◆ How did it feel to spread joy?
- ◆ How can we carry joy into the rest of our day or week?

TAKE HOME IDEAS FOR FAMILIES

- Mini-Mission** Host a family compliment dinner where everyone says one kind thing to each person at the table.
- Conversation Cards** Have students create cards with fun joy-themed questions to spark dinner conversation.
- Kindness Challenge** See how many compliments your family can give to neighbors, friends, or community helpers in a week.

SEL ALIGNMENT

Self-Awareness

Encourages children to identify joyful emotions and connect those feelings to specific actions and experiences, helping them understand how happiness feels in their bodies and minds.

Social Awareness

Builds empathy by helping students notice the effects of their joyful acts—like giving compliments—on others emotions, fostering mutual positivity and respect.

Relationship Skills

Strengthens positive communication through compliments and social expression, reinforcing the value of kind interactions in building healthy friendships.

T-SEL ALIGNMENT

Identity

Supports children in recognizing and celebrating their unique sources of joy, reinforcing self-worth and personal expression.

Agency

Empowers students to intentionally spread joy, take initiative, and positively influence others.

Belonging

Strengthens a sense of connection through affirming interactions that brighten relationships within the group and community.

Curiosity

Encourages students to explore new ways of sharing joy and noticing its impact on different people.

Top Secret Mission



Mission: Operation Joy Drop Case File X0001

**** CONFIDENTIAL – FOR PAWSITIVE AGENTS ONLY ****

You've been selected for an elite mission to share joy like you're speeding down the highway with the wind in your fur!

- 1) Sing your favorite silly song out loud (extra points for dance moves).
- 2) Give 3 people compliments today that make them smile big and wide.
- 3) Draw a picture or write a story in your Mission Journal that makes you feel full of joy (even if it's a taco riding a skateboard).

After you complete your mission, report to HQ (Code Name: Snack Drawer) and color in your Joy Jumper Badge.

Mission Joy Jumper complete!

Joy Jumper Badge

Awarded for spreading joy faster than a poodle speeding in a convertible!



Joyride



Life's better with the top down and
a song in your heart.