

# Narwhal

## Resource Guide

Narwhal's stories focus on a growth mindset and making a difference in the world around you. Using problem-solving skills and recognizing when to ask for help, Narwhal makes an impact within his community while teaming up with friends. Alongside Narwhal, children can learn to embrace challenges as opportunities to grow.

### Key Themes

#### Growth Mindset

We are all learners and can do many things with hard work

#### Problem Solving

Identifying a problem, brainstorming ways to solve it, and then testing a solution

#### Teamwork

Working together as a group

#### Body Trust

Tuning in to our bodies and identifying when things feel too hard

#### Emotional Regulation

Noticing when we have big feelings and then calming our bodies down

### Discussion Questions

What are some things you are still learning to do?

*I'm learning to ride my bike, read, etc.*

Who are some people that work together as a team and what are they trying to accomplish?

*A sports team tries to win a game. A family works together to love and help each other, etc.*

Who is someone you can ask for help?

*I can ask a parent, caregiver, teacher, friend, etc., for help.*

### Activity

What is something you are still learning? Can you find time to try it again today? Before you start, can you think of a good person to ask if you need help?

### Affirmation

**I can try new things.**