



Episode 2: Kiko Tries New Things

~ Teacher Guide ~

Lesson Plan (15–20 min)

1. Warm-up (2 min): Ask: "Has anyone ever tried a food you thought you wouldn't like — and actually liked it?"
2. Listen (5–8 min): Play the episode.
3. Discuss (5 min): Use discussion questions below.
4. Activity (5–7 min): "Not Yet" chart (below).

SEL Objectives

- Practice growth-mindset language ("I can't do it *yet*") instead of fixed-mindset self-talk ("I can't do it").
- Recognize that discomfort while trying something new is normal, not a warning sign.
- Identify practice, not talent, as the reason Kiko eventually succeeds.

Vocabulary

Breach — when a whale or orca jumps out of the water and splashes back down.

Pod — an orca family group. *Usage: "Our classroom is like a pod — we cheer each other on."

Practice — trying something more than once to get better at it.

Brave — doing something even when it feels a little scary.

Plankton — the tiny little yummy creatures that live in the ocean.

Discussion Questions

1. Why do you think Kiko didn't want to try the new fish at first?
2. What helped Kiko decide to try it anyway?
3. Kiko's first try at breaching didn't work. How do you think she felt?
4. What changed between Kiko's first try and her second try?
5. Is there something you're still practicing and haven't gotten yet?

Classroom Activities (no special materials)

1. "Not Yet" chart: Have each student name one thing they're still learning to do, and write/draw it on a card under the heading "I can't do this... YET." Revisit later in the year.
2. Tiny Bite Challenge: Talk through a low-stakes way to try something new this week (a food, a game, a new activity at recess) — "just a plankton-sized bite."