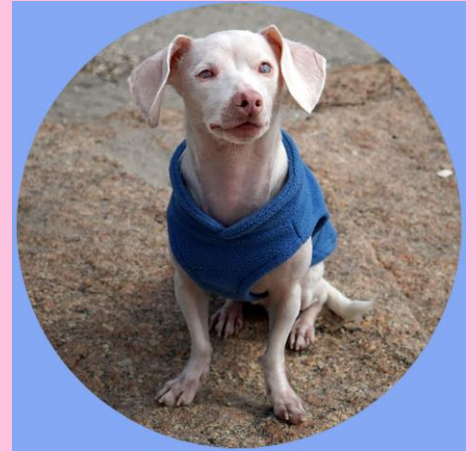


# Piglet Mindset Program Guide



A Step-By-Step Guide to Implementing Piglet Mindset  
Contributed by Sue Miller, 2nd grade teacher, Far Hills Country Day School

# What is a Piglet Mindset?

- ♥♥ Facing challenges with a positive attitude.
- ♥♥ Building on current skills with determination, resilience, and perseverance.
- ♥♥ Accepting individuals for who they are and including them despite their differences.
- ♥♥ Having empathy and understanding towards others and following up with positive actions.
- ♥♥ Being kind to all people and animals.



Optimism

Flexibility

Resilience

Perseverance

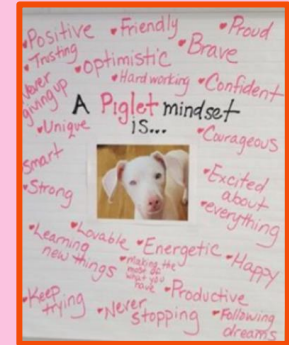
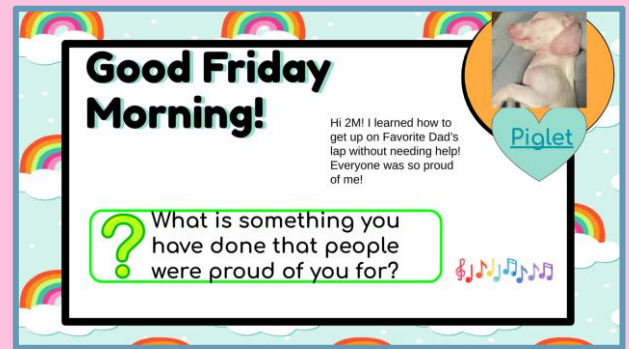
Empathy

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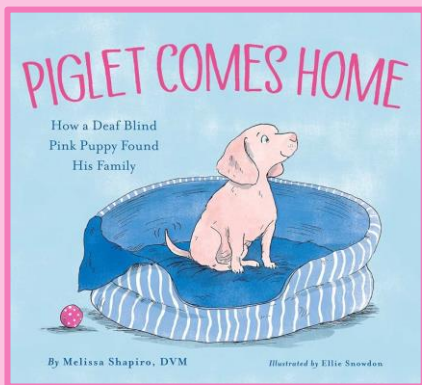
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# Tips to Get Started

- Follow Piglet the Deaf, Blind, Pink Puppy on Facebook, YouTube, and/or Instagram.
- Aim to teach at least one lesson a week for fifteen weeks. You can teach this in a shorter time span if desired.
- You can focus on specific areas depending on program goals
- Make Piglet a part of your classroom. (Bulletin boards, morning messages, SEL lessons, Piglet Ambassador, etc.)
- Explore the many great resources on [Pigletmindset.org](http://Pigletmindset.org).
- Look at Slideshow [Piglet Mindset Educational Program Lesson Plans](#) to get a better understanding of the philosophy behind the program.



# Lesson One - Read “Piglet Comes Home” (approx. 40 minutes)



🐾 Read aloud [Piglet Comes Home: How a Deaf Blind Pink Puppy Found His Family](#)



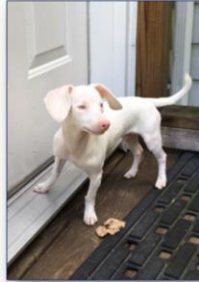
🐾 View PDF [Piglet's Pack of Rescue Dogs](#) to get to know the family (Piglet's Inclusion Pack).

# Lesson Two - Slideshow - The Story of Piglet (approx. 40 minutes)



**The Story of  
Piglet, the deaf  
blind pink puppy**  
An Introduction to the Piglet  
Mindset Educational  
Program!

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corporation.



 Go through the slideshow  
[The Story of Piglet](#)

 Enjoy watching videos of  
Piglet and learning more  
about this special dog.

# Lesson Three - Piglet's Amazing Senses - Sense of Touch

(approx. 40 minutes)

- 🐾 Show [Piglet and the Three Senses](#) slides 8-11
- 🐾 Explain Piglet's Extraordinary Sense of Touch (See next slide)
- 🐾 Discuss communicating with Piglet through Tap Signals
- 🐾 Activity - Puzzles by Touch (See upcoming slide)



## PIGLET AND THE THREE SENSES



Piglet, the deaf blind pink puppy  
Melissa Shapiro, DVM

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## Piglet's Powerful Important Sense of Touch

When Piglet was a baby we held him and were in constant contact with him. We used his sense of touch to encourage him to bond with us. Piglets tiny pink paw pads are his direct connection with his environment. He uses his paw pads to recognize changes in ground covering textures to map his way around his house, yard, and places he visits like the vet hospital, classrooms, and hotels when he travels.





# Puzzles by Touch

**Activity:** Children wear a blindfold while putting a simple puzzle together. The exercise is repeated with and without a partner coaching them to compare being deaf blind vs only blind.



## Discussion:

- Piglet uses his sense of touch to guide him around familiar environments and learn new environments. He uses variations in ground cover to help him map floor plans so he can relax and rely on his sense of touch, and smell, to keep himself oriented and safe.
- Once he has learned about an object or place (experiences it), he remembers it for the next time.
- Piglet coordinates his sense of touch with his sense of smell to recognize objects, places he visits, and people he meets.
- Activity created by teacher Ms. Tricia Fregeau.


# Lesson Four - Piglet's Amazing Senses - Sense of Smell

(approx. 40 minutes)

🐾 Show Piglet and the Three Senses slides  
15-18


🐾 Explain Piglet's  
Extraordinary Sense  
of Smell (See next slide)

🐾 Activity - Identifying  
Scents (See upcoming  
slide)



PIGLET MINDSET®

PIGLET AND THE THREE SENSES



Piglet, the deaf blind pink puppy  
Melissa Shapiro, DVM

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# Explanation of Piglet's Extraordinary Sense of Smell

- Dogs noses are 10,000-100,000 times as powerful as human noses.
- Dogs noses can detect odors in parts per trillion- one teaspoon of sugar in a million gallons of water (2 Olympic swimming pools).
- Dog- 300 million olfactory receptors, Human- 6 million.
- Airflow and scent detection are separate in the dog's nose due to folds in the front of the nose.
- A recessed area in back of dog's nose holds mucous membrane lined bony turbinates that filter out odors by weight and solubility for detection, and send electrical signals to the brain.
- Exhaled air exits through slits and helps push new odors in, allows continuous sniffing.
- Can wiggle nostrils independently of each other to tell direction of odors, including people and specific objects.
- A large proportion of the canine brain is dedicated to the canine's intricate sense of smell.
- Tracking, cancer detection, drug sniffing.



# Identifying Scents

## Activity:

Place scented items in small opaque containers. Have students identify the items by smelling the contents of each container.



## Discussion:

- Piglet uses his sense of smell to recognize familiar places and events- eating dinner; visiting friends.
- He recognizes his friends by smelling their breath.
- His nose is so powerful that it can detect small changes in who is in the room with him, where they are, when they have moved, when they have left, and when a new person enters.
- Piglet uses his sense of smell, memory, and recognition to help him maneuver in his environment, be aware of who is nearby, and what is happening around him.

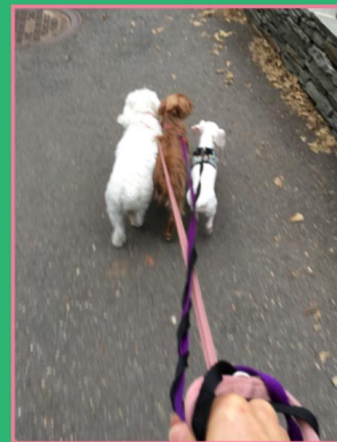
# Lesson Five: Piglet's Mapping Skills (approx. 30 minutes)

🐾 Slideshow - [A Piglet Mindset](#) - slides 15-18

- 🐾 Do one or more of these activities
- Mystery Grab Bag
  - Mapping with Mazes
  - Point to a Familiar Object

## Piglet's Mapping Skills

- Piglet uses his senses of touch and smell to guide him around his environment, to find his mom, dad, and his dog sibs within his house, his way to and from the car at the beach, and in and out of the vet hospital.
- He uses his sense of touch to recognize changes in ground coverings such as carpeting, wood floors, tiles, and pavement to help him recognize where he is as he moves about.
- He uses his sense of touch along with his sense of smell to optimize his awareness and efficiency in moving about safely.
- He uses ESP and memory along with his ability to think and put things together to find his way and stay oriented.



## Mystery Grab Bag

**Purpose:** Connecting the sense of touch with memory and association of recognizable objects that are hidden inside a burlap bag.

**Activity:** Place objects into a bag. Wearing a blindfold, children put their hand into the bag, pick an object, and describe the way it feels to their touch. Then they take it out of the bag, remove the blindfold, and see how accurate they were in their description and identification.

**Discussion:** How does it feel to have to use the sense of touch in place of vision? What other "senses" and past information helped them identify the object? How does Piglet use his other senses to identify objects in his environment.

Activity created by teacher Ms. Tricia Fregeau.



## Mapping with Mazes

**Activity:** Create a paper worksheet maze or a plastic maze with a path that is lined with different textured stickers. Children wear a blindfold while using their fingers to follow the maze path from the start to finish. Use a stop watch to time each student's maze trips and compare the first with the later tries as they become familiar with the maze.

### Discussion:

- Textured stickers under finger tips are an approximation of Piglet's paw pads touching the ground below them.
- How long did it take for the students to memorize the maze and get through quickly?
- How do Piglet's experiences mapping his environment differ from that of the children's using their fingertips and a blindfold for the maze? Piglet uses his sense of smell in addition to his sense of touch when he maps so he has an advantage over his human counterparts.



## Point to a Familiar Object or Direction



### Activity: Memory and Mapping

- Have children sit in a safe place in the room and ask them to close their eyes.
- Have them point to objects such as the smart board, the teacher's desk, and the door.
- Then have them open their eyes to see how accurate they are at finding these objects with their eyes closed.
- Thank you to Piglet's Favorite Dad Warren for suggesting this simple activity that very clearly answers the question- How does Piglet know where he is?

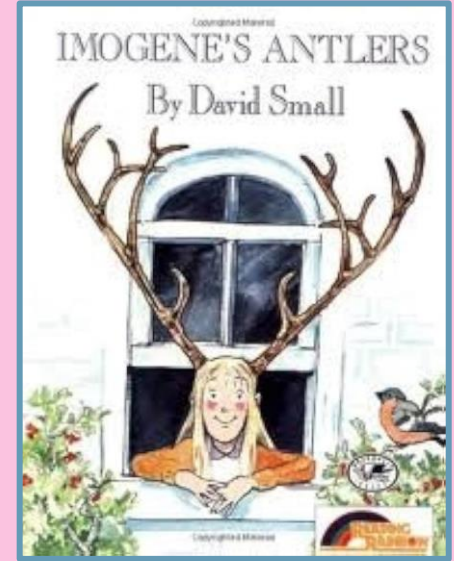
### Discussion:

- Even without consciously trying to map an area in your mind, by repetition and being aware, experience with objects and activities in an area like a classroom or home, we are able to visualize the area in our minds. We subconsciously map environments in our minds.
- If we close our eyes and are asked to point to the door, or the smart board, or a piece of furniture, we are able to point accurately.
- Piglet might not be able to see his surroundings but Piglet learns his environment through his senses of touch and smell. This "mapping" helps Piglet maneuver deliberately, confidently, comfortably and safely.



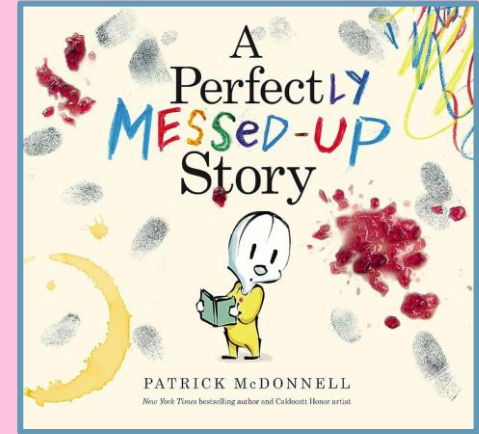
## Lesson Six: Flexibility (approx. 40 minutes)

- Define Flexibility - the ability to change easily according to the situation.
- Read Imogene's Antlers
- Talk about the story. How did Imogene adapt to the antlers? How did she show flexibility? How does Piglet demonstrate flexibility in his life?
- Take a familiar game and have students brainstorm ideas to change the rules. Then play the game with new rules.



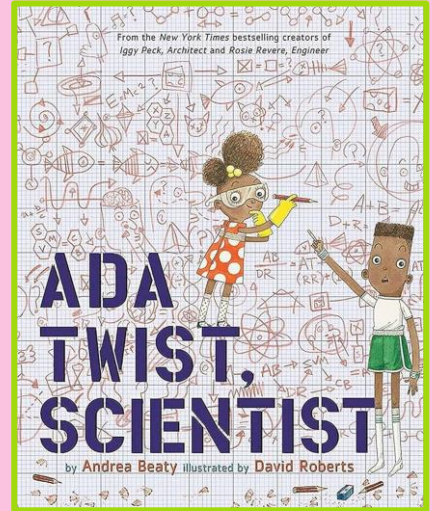
# Lesson Seven: Resilience (approx. 40 minutes)

- Define Resilience - the ability to recover quickly from difficulties
- Read The Perfectly Messed-Up Story.
- In pairs, behind a privacy shield, have one partner build a simple design with pattern blocks. Then they explain to the other partner how to make it. Once the partner has finished, check to see how close they are to their partner's design.
- How did this activity show you your own resilience? How does Piglet demonstrate resilience in his life?



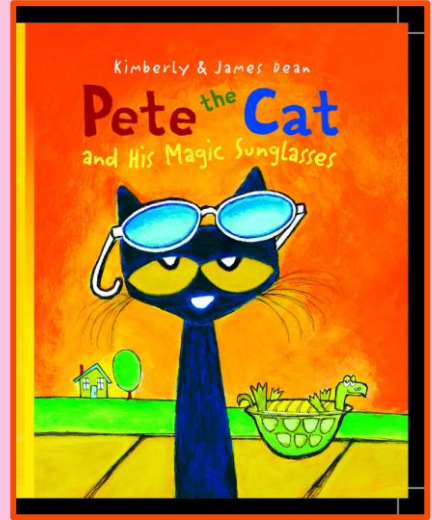
# Lesson Eight : Perseverance (approx. 40 minutes)

- 🐾 Define perseverance - continued effort to achieve something despite difficulty
- 🐾 Read Ada Twist, Scientist
- 🐾 Discuss how Ada shows perseverance. How does Piglet show perseverance?
- 🐾 Try to do a puzzle blindfolded. How did this show your perseverance?



## Lesson Nine: Optimism (approx. 40 minutes)

- Define optimism - having confidence and hope in a positive outcome
- Brainstorm things that are challenging at school - make a list of those challenges.
- Read Pete the Cat and His Magic Sunglasses
- Discuss how Pete learned to look at each day in a new way. How does Piglet show optimism in his life?
- Come up with a positive mantra like Pete's to remember to be optimistic like Pete and Piglet!



# Lesson Ten: Inclusion (approx. 40 minutes)

- Define Inclusion- embracing others so they feel part of a group or family, providing equal opportunities to everyone
- Slide Show- [Piglet's Inclusion Pack](#)
- Discuss how Piglet's Pack of Rescued dogs learned about Piglet's differences and then included him in family activities like group play, fun dog group training, taking walks together, and resting together on their dog beds and blankets.
- Discuss differences among students in the class and how they accept and include each other in class, on the playground, and in the cafeteria



# Lesson Eleven: Piglet Gets A Baby Brother (approx. 30 minutes)

🐾 Slideshow - [Piglet Gets A Baby Brother](#)



# Lesson Twelve: Georgie Kindset - Be Kind (approx. 30 minutes)

Generous, helpful,  
thinking about  
feelings of others



## Possible Read Alouds

Have You Filled a Bucket Today? by Carol McCloud

The Invisible Boy by Trudy Ludwig

Strictly No Elephants by Lisa Mantchev

Each Kindness by Jacqueline Woodson

The Kindess Quilt by Nancy Wallace

## Activity - Make a Kindness Quilt

Each child makes a square with paper.

Choose a theme:

- 🐾 Acts of kindness to aspire to
- 🐾 Acts of kindness witnessed
- 🐾 Kindness quotes

Decorate the squares and hang them in the shape of a quilt.

# Lesson Thirteen: Georgie Kindset - Be Friendly (approx. 30 minutes)

- 🐾 Treat others with kindness.
- 🐾 Help others feel good about themselves
- 🐾 Greet people with a smile.



## Possible Read Alouds

Owen and Mzee: The True Story of a Remarkable Friendship by Isabella Hatkoff

Four Feet, Two Sandals by Karen Lynn Williams and Khadra Mohammed

Words to Make a Friend by Donna Jo Napoli

## Activity - Greeting Challenge

- 🐾 Have the children keep track of how many people they greet each day and how it is received.
- 🐾 Go on a kindness walk as a class and make a point of greeting everyone you see.

## Activity - Friendly Ball Toss

- 🐾 Using a foam ball or other soft object, have children stand in a circle.
- 🐾 Toss the ball to a child. That child will name one thing we should know about them. (i.e. - I like toads, I am a soccer player, I have a baby brother)
- 🐾 That child tosses the ball to someone else and they say something about themselves.
- 🐾 Continue until everyone has gone at least once.



# Lesson Fourteen: Georgie Kindset - Be Considerate

(approx. 30 minutes)

- 🐾 Caring about and being respectful of others.
- 🐾 Kind and helpful.
- 🐾 Check out [Georgie's Kindset Club](#) for more Kindness Activities



## Possible Read Alouds

- Last Stop on Market Street by Matt de la Pena
- We're All Wonders by R.J. Palacio
- Do Unto Otters by Laurie Keller
- Those Shoes by Maribeth Boelts
- Shall I Knit You A Hat: A Christmas Yarn by Kate Klise
- If Everybody Did by Ellen Javernick

## Activity - Catch Me!

- 🐾 Keep track on a bulletin board or chart when you catch kids being considerate of one another. (ex. Considerate Confetti bulletin board)

## Activity - Consideration Conversation

- 🐾 Talk about what consideration means.
- 🐾 Make a list of acts of consideration (i.e. holding the door for others, keeping your feet off of the chair, being quiet in the hallways.)
- 🐾 Ask the children to explain how each act of consideration affects the person who is receiving it.

# Lesson Fifteen- Pink Party Celebration!



Never Forget to  
Have Some Fun!



- 🐾 Wear pink! Eat pink food! Decorate the room with pink balloons and pink streamers.
- 🐾 Decorate cupcakes with Consideration Confetti.
- 🐾 Watch a movie with a kind main character (Babe is a great one).
- 🐾 Have an extra recess with cooperative games.
- 🐾 Paint Kindness Rocks and place them around the school.
- 🐾 Make cards for the helpers in your school or community.
- 🐾 Collect food and toys for an animal shelter.

# Other Ideas for Extending the Piglet Experience

## Days to Mark on Your Calendar

- ❧ Random Acts of Kindness Day - February 17
- ❧ Pay it Forward Day - April 28
- ❧ World Kindness day - November 13

## Pen Pals with Piglet



## Plan a Virtual or In-Person Visit from Piglet



### Piglet Mindset Journaling

**Activity:** Keeping a Piglet Mindset Journal

- Reflecting on self, experiences, new thoughts, perspectives, and ideas.
- Listing acts of kindness and plans to be kind to others.
- More suggested topics- 5 stances of growth mindset, optimism, perseverance, resilience, flexibility, and empathy, acceptance, inclusion, and kindness, animal rescue, community service, fundraising for an important organization or cause.
- Improving writing skills.
- Thank you to teacher Ms. Elana Miltzok for contributing the Piglet Journaling activity idea.

### Piglet Mindset Desk Flags

Each student chooses a positive word that they hope to "be".

Their motivational words are placed on desktop banner flags for students to keep on their own desks.

They can refer to them during tests, when they're feeling frustrated, or when someone else needs a helping hand.

Flag activity shared by Jodie Marinos, 2<sup>nd</sup> grade teacher at Highland El in Cheshire, CT.

