



# Make Your Bed with Skipper the Seal

BY ADMIRAL WILLIAM H. McRAVEN (RET.)

ILLUSTRATED BY HOWARD McWILLIAM

## TEACHING TIPS

9780316592352 hc 9780316310086 ebook Audiobook Also Available

### MAKE YOUR BED

- Poll students: How many make their bed each day? Ask them: Do you think it is important? Why or why not? Have students turn to a partner (or use a breakout room if online) to talk about their answers. Share as a class and discuss a few of the thoughts and ideas.
- Skipper considers it very important to make his bed each day, but some students may not know how to do that. Demonstrate how to make a bed. (You may want to create a video showing how a bed is made or use a video that already exists online on various social media platforms.) Ask students to watch and then as a class create a checklist that shows the steps to follow when making a bed.
- Have students make it a goal to make their bed every day. They can create a chart to help them keep track. At the end of the week talk about it. What was hard? Did it get easier?



### TRAIN LIKE SKIPPER



- Navy Seal training includes running, swimming, push-ups, and pull-ups. Students can experience their own “training” with a mini-workout session. Create a course that includes running, an obstacle course, or other simple exercises. Students can take turns navigating the course.
- Skipper learns that teamwork is very important. Allow students the opportunity to experience this by giving them a simple physical task to complete, first by themselves, but then as a team. For example, they might try carrying something or running a certain number of laps (on their own and then dividing them among team members). Ask students to compare the two experiences. What did it take to work as a team? Which experience allowed them to complete the task faster? Which experience left them less tired?
- Learn about jobs that specifically require teamwork such as police work, firefighting, the medical field, and professional sports. Students can work in groups to look at pictures from informational texts that discuss careers that use teamwork and share examples of how different careers require different kinds of teamwork. Ask students to list their observations and share with the class.

### LEARN FROM MISTAKES

- Talk about the power of making mistakes and how it improves learning. To demonstrate, give students a task (such as a printed maze) and ask them to complete it as they are timed. Then, give them a chance to consider the mistakes they made and try again. Time them again. Compare their success and times from before and after. Discuss how making mistakes helped them learn.
- Many inventions are the result of someone’s mistake. Read about inventions that were mistakes such as the Slinky, chocolate chip cookies, penicillin, potato chips, microwave ovens, and so on. Talk about how mistakes can sometimes be a very good thing.

# Make Your Bed with Skipper the Seal

## TEACHING TIPS



### STAND UP TO BULLIES

- Talk about what it means to stand up to bullies. Discuss the definition of bullying and discuss the steps students can take to stand up to bullying. They may want to make posters to show what they should do if they see bullying behavior. Remind students that they should not just let it happen, but they should speak up!

### BE KIND

- Skipper the Seal is reminded to show kindness. Create a class kindness challenge. Encourage students to brainstorm a list of things they can do as a class to show kindness. Make a BINGO board from the ideas and as the class completes each challenge, they can fill in the board. Try to see how many squares in a row the class can fill in!

### NEVER GIVE UP

- The character trait of “perseverance” is clear in Skipper’s lessons. Research famous inventors, scientists, writers, and change leaders who kept trying until they found success. Gather picture book biographies and read these as a class. Choose a wide variety of famous people from history to explore with students. Talk about how each person refused to give up even when facing difficulties. Students may want to create an interactive bulletin board that grows throughout the year as they learn about people who faced challenges and persevered.

### BE HOPEFUL

- Having hope is important and sharing hopes with others is powerful too. Have students create a hope jar. Even very young students can write a message or draw a picture of encouragement. They can decorate the jar and put their messages inside. Then they can give the jar to a local hospital, nursing home, or veteran’s center to share a little hope and positivity.

## SKIPPER’S LESSONS

At the end of the book, Skipper shares several lessons. Review as a class. Which of the lessons do they think are most important? Survey the class and create a bar graph or pie graph to show the results. Use the graph to ask students to make simple comparisons such as: “Which of Skipper’s lessons received the most votes? Which one received the least number of votes?” Talk about students’ choices.

These Teaching Tips were created by Dr. Jennifer McMahon, Education Consultant

