



# RUN RABBIT RUN

## Educator's Guide

*Run Rabbit Run* is a narrative framework designed to support early learners as they explore the foundational concepts of identity, belonging and strengths development. Set in a vibrant forest school, the story follows Rabbit, Squirrel and Otter as they navigate peer relationships, trial and error, and the growth that comes from discovering their natural talents. Guided by Ollie the owl, a gentle and observant mentor figure, the characters come to understand that flourishing begins with knowing and honoring who you are.

This guide translates the story's themes into a practical, five-lesson curriculum that aligns with strengths-based, whole-child instructional priorities. The design reflects early learning best practices, integrating inquiry, collaboration, expressive language and metacognition. There are also three additional extension activities to keep the theme going throughout the year.

### **Benefits of Using This Guide**

*Run Rabbit Run* supports key social-emotional learning priorities by helping students explore their identity, recognize personal strengths and develop compassion for others. This guide promotes a positive classroom culture through affirmation, reflection and peer connection. Its flexible structure makes it easy to implement during morning meetings, counselor-led push-ins or as part of the first few weeks of school when classroom communities are forming. Through story, discussion and hands-on activities, this guide offers a simple yet powerful way to lay the foundation for a supportive and inclusive learning environment.

# Five-Lesson Overview

**Target audience:** Pre-K through third grade

**Objective:** Help students identify and develop their personal strengths, recognize their peers’ talents, and experience a supportive classroom culture rooted in affirmation, curiosity and growth.

**Instructional priorities:**

- Whole-child development
- Strengths-based learning
- Inquiry, collaboration and self-expression
- Movement, language and metacognition

**Flexible use:**

- Whole-group lessons
- Morning meetings
- Counseling and small group interventions
- Media center or cross-grade partnerships

## Run Rabbit Run: Lessons At a Glance

A strengths-based curriculum exploring identity, belonging and growth for pre-K through third grade

Lesson	Title	Focus Areas	Key Activities	Learning Outcome
1	Discovering Your Strength	Self-awareness and personal strengths	<ul style="list-style-type: none"> <li>• Reading aloud</li> <li>• Class discussion</li> <li>• Discovering My Strengths! take-home activity</li> </ul>	Students begin to identify their own strengths and areas of natural interest.
2	Branching Out With Strengths	Expression and celebration of strengths	<ul style="list-style-type: none"> <li>• Strengths Tree activity</li> <li>• Student sharing</li> </ul>	Students express their strengths visually and contribute to a shared classroom display.
3	Celebrating Differences	Recognizing others’ strengths	<ul style="list-style-type: none"> <li>• Strengths discussion</li> <li>• Peer interviews</li> <li>• Helping Hands — We’re Better Together! partner activity</li> </ul>	Students see how diverse strengths support community.
4	Strength in Numbers	Teamwork and collective problem-solving	<ul style="list-style-type: none"> <li>• Animal role-playing</li> <li>• Solving challenges as a group</li> </ul>	Students learn how to use their strengths to work together to solve problems and support one another.
5	Show Your Strength	Reflection and growth mindset	<ul style="list-style-type: none"> <li>• Movement</li> <li>• Reflection activity</li> <li>• Strengths showcase</li> </ul>	Students reflect on growth and understand that everyone’s journey is unique.

# Lesson 1: Discovering Your Strength



## Learning outcome:

Students will begin to identify areas of natural interest and ability — what they enjoy, where they feel confident and how they like to engage. This introduces the concept of self-awareness as the first step in strengths-based learning.



## Materials:

- *Run Rabbit Run* book
- Discovering My Strengths! worksheet



## Instructions:

- 1) **Read the book.** Read *Run Rabbit Run* together as a class.
- 2) **Introduce strengths.** As a class, talk about what each of the animals is really good at. Make a list of their strengths (Rabbit: running, Squirrel: climbing, Otter: swimming).
- 3) **Discuss.** As a group, discuss the following questions:
  - *Why did the friends start to feel sad at school?*
  - *What happened when each animal tried to be like someone else?*
  - *How did Ollie help them feel better? What did he remind them to do?*
  - *What do you think Ollie meant when he said, "Let rabbits run"?*
- 4) **Shift the focus to students.** Give some examples of strengths that students may recognize: good at math (strength: numbers), taking care of younger siblings (strength: caring), putting on plays in front of friends and family (strength: performing). Discussion questions:
  - *What is something you love to do even if it's tricky?*
  - *What do you feel proud of when you finish?*
  - *What do you think Ollie would notice about you?*

Add their responses to your list above. Include pictures or words, depending on the age of your students.

## 5) Activity: Discovering My Strengths!

- 1) Hand out the **Discovering My Strengths!** worksheet.
- 2) Ask students to talk to their parents, grandparents or caregivers about what they learned about their strengths when they go home that evening. Explain that they need to fill out the worksheet with their caregiver and return it the next day.  
**Say:** *"When we return our worksheets, we'll be able to add a few more strengths to our list."*
- 3) Optional: Create a mini-book of classroom strengths using students' completed worksheets.

The worksheet is titled "Discovering My Strengths!" and is addressed to "Dear Families." It explains the purpose of the activity: to help children identify their strengths and share them with their families. It includes three numbered questions for discussion: 1) "What are you good at?" (with examples like dancing, running, helping others), 2) "What do you love doing?" (with examples like playing, building with blocks), and 3) "What makes you busy because you like it so much?" (with examples like reading, playing). Below the questions, there is a section for the student's name and a large empty box for drawing or writing. The footer includes the copyright information: "Copyright © 2025 Gallup, Inc. All rights reserved."

# Discovering My Strengths!

Dear Families,

In class, we're learning about individual strengths — things we're naturally good at, activities we enjoy, where we feel confident and how we like to engage. Please sit down with your child for a fun and thoughtful conversation about what makes them *uniquely who they are*. This is a great opportunity to connect, build self-awareness and help your child recognize their natural talents and interests. Please have your child return the entire sheet to class.

## Let's talk about what makes you shine!

Choose a quiet moment — maybe during dinner, at bedtime or while coloring together — and ask your child these three simple questions:

**1) What are you good at?**

*Listen for things like drawing, running, helping others, solving puzzles or making people laugh.*

**2) What do you love doing?**

*Pay attention to the activities that your child enjoys most, like singing, building with blocks, reading stories or climbing trees.*

**3) What keeps you busy because you love it so much?**

*Notice what your child chooses to do again and again without being asked.*

After your conversation, complete the section below. Please have your child return the entire sheet to class.

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Student's name: \_\_\_\_\_

Pick one of your child's strengths and help them express it through writing or drawing a picture together in the box below.

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