

Kim *the* Kelp Person



TEACHING KIDS TO STOP AND THINK BEFORE
THEY REACT OR SAY SOMETHING!

Kim the Kelp

Hey, Surfari Pals!

Kim the Kelp Perch can teach you to stay out of trouble both now, and in the future. Kim has a very important job. Do you see what she is holding in her hand, er, I mean her fin? She is holding a STOP sign. Most of the time, when you see a STOP sign, you are supposed to stop, right? At Surfari Pals, a STOP sign means even more than that. Kim the Kelp Perch is holding up a STOP sign to help you remember to stop and think about something before making a big decision. Of course, this does not mean you have to stop and think about every single thing in your life, like if you want chocolate or vanilla ice cream; however, Kim does want you to stop and think before you make some really BIG decisions. Are you doing something that may get you into trouble? That is a pretty big decision if you ask me! Each letter on the STOP sign can really be helpful, and we have a really big word for that. Are you ready for it? It is called an acronym. It is pronounced *ac-ro-nym*. When you want to remember something, you can create an acronym. An acronym is a word in which each letter stands for a phrase or key word. Kim the Kelp Perch made an acronym for the word "STOP." Here is what she did:

STOP: Take a minute to consider what you may be saying, thinking, or doing.

THINK: "Is this the best thing to do, or will I get in trouble if I do this? (Gulp!)"

OTHERS -or- Options: Will this make someone happy? Will I make myself proud? Should I be doing this? Is this a smart thing to do? Is it safe?

PROCEED: After I have given this some thought, now I can make a good decision.

You see, whenever you take a minute and slow down to think about what you are going to do **BEFORE** you say, think, or do something, you might save yourself time by not having to do something all over again. You might keep someone, or yourself, from getting hurt because you always want to stay safe, and you may keep yourself from getting into trouble! After all, if you realize that you are about to do something you are not supposed to do, and you STOP, you will not get into trouble in the first place. Whew! After all, that is what Kim the Kelp Perch would do, and that is what a Surfari Pal should do, too!

-Kip Surfari

"1-2-3... Surfari Pals!!!!"



"STOP and Think!"
-Kim

Kelp Perch



Where does the kelp perch live?

Kelp perch are commonly found and shy. They live in the eastern Pacific Ocean from British Columbia, Canada to Baja California, Mexico. They can be found in kelp forests ranging from a few feet below the surface, down to a depth of about 98 feet.

How big does the kelp perch get?

They can reach a length of eight or nine inches, but most average only six inches and weigh less than one-half of a pound.

What does the kelp perch look like?

Kelp perch have a compressed body, long pointed snout, long dorsal fin spines and coloring that is generally golden-brown to reddish above and tan below. There is usually a pale stripe on the upper side and sometimes blue spotting.

What does the kelp perch eat?

This fish is also known to be a cleaner fish, which means they eat algae off of the rocks and ocean floor. They also like to eat small crustaceans.

Other interesting facts...

The Kelp Perch is a member of the SURF PERCH family. They don't lay eggs like many fish, they carry their babies. They are excellent tank fish.

Two fun facts:

1. They like to swim and eat at night.
2. They are nicknamed "cleaner fish."



Kim the Kelp Perch - Teaching Kids to STOP and Think

1. ___ Today, I am going to make it a point to STOP and really think BEFORE I make any decision.
2. ___ Today, I am going to make sure any decision I make is safe for me and for others.
3. ___ Today, I am going to ask my mom or dad when I need to make an important decision.
4. ___ Today, when I make a decision I am going to ask myself, "Will this decision make others happy or sad?"
5. ___ Today, I am going to think of other options before I make a decision, and then choose the one that I believe will be the best.

You see how taking these steps can help make your decisions easier? Kim the Kelp Perch sure has an important lesson to teach you. I am really happy that she can help us and make sure we make the best decision possible. That is what Surfari Pals do, and you can help others make important decisions, too.

Parent or guardian signature: _____

Long-Term Goals Give You a Vision - Short-Term Goals Give You Directions