Kimochis®

Schoolwide Roadmap

(1x / Week Lessons)



Appendix of Resources

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Kimochis® Schoolwide-at-a-Glance

Differentiating Kimochis® at the Grade Levels



In early childhood, students are introduced to the **Kimochis® characters** as playful guides for exploring feelings, friendships, and positive choices. They build foundational emotional vocabulary, communication and self-regulation skills through the **Keys to Communication™**, and begin applying **Kotowazas™** to everyday classroom experiences.



In first grade, students build on their understanding of the **Kimochis® characters** to strengthen empathy, emotional regulation, and positive decision-making. Through the **Keys to Communication™**, they develop effective communication, cooperation, and friendship skills. **Kotowazas™** help students apply these social-emotional skills with growing confidence and independence throughout the school day.



In second grade, students use the **Kimochis® characters** and **Keys to Communication™** to build emotional flexibility, perspective-taking, and problem-solving skills while learning respectful self-advocacy, assertive communication, and conflict resolution. **Kotowazas™** encourage greater self-awareness, responsibility, and proactive decision-making.



In third grade, students develop resilience, courage, and empathy as they navigate increasingly complex social situations. Expanded **Keys to Communication™** and **Kotowazas™** promote accountability, flexibility, and thoughtful responses to challenges.



In fourth grade, students use the **Kimochis® characters** and **Keys to Communication™** to strengthen leadership, collaboration, and emotional regulation while navigating complex peer relationships and misunderstandings. **Kotowazas™** reinforce accountability, resilience, empathy, and positive contributions to their classroom community.



In fifth grade, students use the **Kimochis®** program to refine leadership, independence, and advanced communication skills as they prepare for middle school. Through collaboration, conflict resolution, and perspective-taking, they strengthen responsibility, empathy, and self-regulation skills. Learning emphasizes critical thinking, collaborative problem-solving, and integrating **Kimochis®** concepts across subjects such as language arts and social studies.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.



Kimochis®

Schoolwide Roadmap (1x/Week Lesson)

Introduction of Feelings: Setting the Classroom Climate						
Week # Content	Early Childhood (Preschool/TK/K)	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
Intro Week: Feelings Introduction	"If You're Happy and You Know It" (Page 1-4)	Kimochis® Feeling Charades (Page 5)	Kimochis® Feeling Charades (Page 5)	What Does This Feeling Mean? (Page 6)	What Feelings Do You Know? (Page 7)	Make Your Own Feeling™ Worksheet (Page 8)
Intro Week: Feelings and the Fundamentals of the Kimochis® Way™	Feeling Detective™ (Page 9)	Kimochis® Self-Regulation Method™ (Page 10)	Feeling Detective™ (Page 11)	The Kimochis® Way™ (Page 7-ELEM)	Group Poster on the Kimochis® Way™ (Page 12)	Kimochis® Feelings Walk (Page 13)
Intro Week: How Feelings Work	How Feelings Work (Page 14) (Page 44-ECC)	How Feelings Work (Page 14) (Page 44-ECC)	Kimochis® Check-In Tool™ (Page 15)	Kimochis® Check-In Tool™ (Page 15)	Kimochis® Check-In Tool™ (Page 15)	Kimochis® Check-In Tool™ (Page 15)
Intro Week: Kimochis® Soup™	Kimochis® Soup™ (Page 16-17)	Kimochis® Soup™ (Page 16-17)	Kimochis® Soup™ (Page 16-17)	Kimochis® Soup™ (Page 16-17)	Kimochis® Soup™ (Page 16-17)	Kimochis® Soup™ (Page 16-17)
Intro Week: Build a Bowl and Introduction to Kimochis®	Introduction to the Kimochis® (Page 45-ECC)	Build a Bowl™; Feelings That I Want/Don't Want (Page 18)	Build a Bowl™; Feelings I Hope to Have/I Don't Want to Have Worksheet (Page 19)	Build a Bowl™; Feelings I Want More of/Less of (Page 20)	Build a Bowl™; Feelings for Conflict Situations (Page 21)	Build a Bowl™; Feelings for Conflict Situations (Page 21)

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Schoolwide Roadmap (1x/Week Lesson)



Unit 1: The Kimochis® Characters Promote Classroom Climate						
Week # Content	**Early Childhood** (Preschool/TK/K)	**1st Grade**	**2nd Grade**	**3rd Grade**	**4th Grade**	**5th Grade**
Week 1: Meet Lovey Dove™	Meet Lovey Dove™ (Lessons 1-3) **(Page 45-46-ECC)**	Lovey Dove™ Intro **(Page 23-ELEM)** Activity 1: Saying Hello **(Page 74-ELEM)**	Activity 1: Heart of Pride Activity 2: Proud Talk **(Page 223-ELEM)**	Activity 2: Inspire Hope in a Friend **(Page 215-ELEM)**	Activity 2: Hope Helps Sad, Jealous and Left-Out Feelings **(Page 214-ELEM)**	Activity 1: The Gift of Hope **(Page 215-ELEM)**
Week 2: Meet Cloud™	Meet Cloud™ (Lessons 1-3) **(Page 54-56-ECC)**	Cloud™ Intro **(Page 15-ELEM)** Activity 4: Taking Turns **(Page 74-ELEM)**	Activity 1: Cool Down Mad Feelings **(Page 142-ELEM)**	Activity 1: Mixed Feelings **(Page 136-ELEM)**	Activity 3: Choosing Compassion and Kindness **(Page 146-ELEM)**	Activity 5: Do the RIGHT Thing When Someone Does the WRONG Thing **(Page 144-ELEM)**
Week 3: Meet Huggtopus™	Meet Huggtopus™ (Lessons 1-3) **(Page 64-66-ECC)**	Huggtopus™ Intro **(Page 19-ELEM)** Activity 1: Too Silly and/or Rough **(Page 94-ELEM)**	Activity 2: Oops, You're Too Close **(Page 178-ELEM)**	Activity 2: Being a Beginner **(Page 189-ELEM)** Activity 4: Handling Mistakes **(Page 190-ELEM)**	Activity 1: Name It **(Page 186-187-ELEM)**	Activity 2: Are You Still Having Fun? **(Page 179-180-ELEM)**
Week 4: Meet Bug™	Meet Bug™ (Lessons 1-3) **(Page 74-76-ECC)**	Bug™ Intro **(Page 17-ELEM)** Activity 1: Try New Things **(Page 86-ELEM)**	Activity 2: Being a Beginner **(Page 189-ELEM)**	Activity 1: It's Okay to be Afraid **(Page 150-ELEM)**	Activity 3: Speak Up When It's Not Funny **(Page 181-ELEM)**	Activity 2: Coming Clean **(Page 152-ELEM)**

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.



Kimochis® Schoolwide Roadmap (1x/Week Lesson)

Unit 1: The Kimochis® Characters Promote Classroom Climate						
Week # Content	Early Childhood (Preschool/TK/K)	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
Week 5: Meet Cat™	Meet Cat™ (Lessons 1-3) **(Page 84-86-ECC)**	Cat™ Intro **(Page 21-ELEM)** Activity 1: Taking Back Bossy Talk **(Page 106-ELEM)**	Activity 1: Oops, That Came Out Wrong **(Page 205-ELEM)**	Activity 1: Don't Take It Out on Me **(Page 206-ELEM)**	Activity 2: No Matter What You Say or Do, I Include **(Page 164-165-ELEM)**	Activity 1: Curiosity Killed the Cat **(Page 197-198-ELEM)**
Review	Kimochis® Coloring Sheets (Characters) **(Page 22-26)**	Kimochis® Stick Puppets **(Page 27)**	Who is Your Favorite Kimochis® Character? **(Page 28-29)**	Kimochis® Character Journals **(Page 30-40)**	Kimochis® Character Sort **(Page 41)**	Kimochis® Feelings Walk **(Page 13)**

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Schoolwide Roadmap (1x/Week Lesson)



Unit 2: Keys to Communication™						
Week # Content	**Early Childhood** (Preschool/TK/K)	**1st Grade**	**2nd Grade**	**3rd Grade**	**4th Grade**	**5th Grade**
Week 6: Key 1- Get Someone's Attention™	Key 1: Huggtopus™ Teaches How to Get Someone's Attention™ (Lessons 1-3) **(Page 96-98-ECC)**	Intro: Key 1 Activity 1: Learning Names **(Page 27-ELEM)**	Activity 3: Call Name and Wait for Eye Contact **(Page 28-ELEM)**	Activity 4: Communication Tap™ **(Page 29-ELEM)**	Activity 5: Practicing Predictable Situations **(Page 29-30-ELEM)**	Activity 5: Practicing Predictable Situations **(Page 29-30-ELEM)**
Week 7: Key 2- Using a Talking Voice™	Key 2: Cat™ Teaches How to Use a Talking Voice™ (Lessons 1-3) **(Page 104-105-ECC)**	Intro: Key 2 Activity 1: Talking vs. Fighting Voice™ **(Page 30-ELEM)**	Activity 1: Talking vs. Fighting Voice™ **(Page 30-ELEM)**	Enhance Strategy 2: Face and Tone of Voice **(Page 61-ELEM)**	Activity 2: Boomerang-A Communication Tool to Not Yell Back When Yelled At **(Page 31-32-ELEM)**	Activity 2: Boomerang-A Communication Tool to Not Yell Back When Yelled At **(Page 31-32-ELEM)**
Week 8: Key 3- Using a Talking Face and Body™	Key 3: Cloud™ Teaches How to Use a Talking Face and Body™ (Lessons 1-3) **(Page 112-113-ECC)**	Intro: Key 3 Activity 4: Talking Hand™ to Request Objects **(Page 34-35-ELEM)**	Activity 2: Reading Body Language **(Page 32-33-ELEM)**	Activity 3: Mean Looks **(Page 34-ELEM)**	Activity 5: Stop! **(Page 35-ELEM)**	Activity 6: Walk Away and Ignore Teasing, Rudeness and Hurtful Interactions **(Page 35-ELEM)**
Week 9: Key 4- Choose Helping Words vs Hurting Words™	Key 4: Lovey Dove™ Teaches How to Choose Helping Words™ (Lessons 1-3) **(Page 120-122-ECC)**	Intro: Key 4 Activity 1: Think Before You Speak **(Page 36-ELEM)**	Activity 3: "Ouch": Hard to Hear, Good to Know **(Page 37-38-ELEM)**	Activity 2: Loaded Words **(Page 36-37-ELEM)**	Activity 2: Don't Tease Me **(Page 137-ELEM)**	Activity 1: Kindness Softens Sadness **(Page 138-ELEM)**

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.



Kimochis®

Schoolwide Roadmap (1x/Week Lesson)

Unit 2: Keys to Communication™						
Week # Content	**Early Childhood** (Preschool/TK/K)	**1st Grade**	**2nd Grade**	**3rd Grade**	**4th Grade**	**5th Grade**
Week 10: Key 5- Redo Hurtful Moments™	Key #5: Bug™ Teaches How to Redo Hurtful Moments™ (Lessons 1-3) **(Page 128-130-ECC)**	Intro: Key 5 Activity 1: Take Backs and Do-Overs **(Page 38-39-ELEM)**	Activity 1: Take Back and Do-Overs **(Page 38-39-ELEM)**	Activity 2: What Feeling Gets the Best (or Better) of You? **(Page 39-ELEM)**	Activity 1: Owning Up **(Page 151-152-ELEM)**	Activity 2: Make Things Right **(Page 136-ELEM)**
Week 11: Key 6- Be Kind and Let Others Try Again™ or **Review**	Extension Activity 2: Be Kind to Your Friend! **(Page 124-ECC)**	Who is Your Favorite Kimochis® Character **(Page 28-29)**	Kimochis® Character Journal **(Page 30-40)**	Activity 4: Whatever… Anyway…Be that Way…I'm Telling **(Page 42-ELEM)**	Activity 2: Repeat Offenders **(Page 41-ELEM)**	Activity 3: Insincere Apologies **(Page 41-ELEM)**
Week 12: Key 7- Assume the Best™ or **Review**	Extension Activity 3: Mending Hearts **(Page 132-ECC)**	Activity 2: Kimochis® Charades **(Page 187-188-ELEM)**	Activity 2: Kimochis® Charades **(Page 187-188-ELEM)**	Activity 1: Assume the Best™ **(Page 42-43-ELEM)**	Activity 3: Still Friends **(Page 168-ELEM)**	Activity 2: Thinking the Best **(Page 128-129-ELEM)**

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Schoolwide Roadmap (1x/Week Lesson)



Unit 3: Kotowazas™/Feelings Lessons						
Week # Content	Early Childhood (Preschool/TK/K)	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
Week 13: Kind Kotowaza™: Take the Time to Be Kind™	Kind Kotowaza™: Take the Time to be Kind™ **(Page 140-142-ECC)**	Kindness Egg Experiment **(Page 42-43)**	Kimochis® Kindness Jar Worksheet **(Page 45-46)**	I Can Be Kind Poster **(Page 47)**	Kindness Challenge Worksheet **(Page 48)**	Make Your Own Kindness Calendar **(Page 49)**
Week 14: Happy Kotowaza™: Sharing	Happy Kotowaza™: Have a Happy Heart™ (Sharing) **(Page 149-ECC)**	Happy Kotowaza™: Happiness Comes from Within and Then Spreads **(Page 72-73-ELEM)**	Activity 3: Sharing **(Page 74-ELEM)**	Activity 2: Waiting for a Friend **(Page 74-ELEM)**	Activity 3: Choosing Compassion and Kindness **(Page 146-ELEM)**	Activity 3: Choosing Compassion and Kindness **(Page 146-ELEM)**
Week 15: Happy Kotowaza™: Taking Turns	Happy Kotowaza™: Have a Happy Heart™ (Taking Turns) **(Page 155-157-ECC)**	Activity 4: Taking Turns **(Page 74-ELEM)**	Activity 5: Including **(Page 74-ELEM)**	Activity 1: Choose Happiness **(Page 126-ELEM)**	Activity 1: Happy Habit **(Page 127-128-ELEM)**	Activity 1: Spread Happiness **(Page 129-ELEM)**
Week 16: Excited Kotowaza™: Fun Has to Be Fun for Everyone™	Excited Kotowaza™: Fun Has to Be Fun for Everyone™ **(Page 162-165-ECC)**	Activity 5: Stop! **(Page 35-ELEM)**	Activity 3: Helping vs. Fighting Words™ **(Page 143-ELEM)**	Activity 2: Are You Still Having Fun? **(Page 179-180-ELEM)**	Activity 2: Are You Still Having Fun? **(Page 179-180-ELEM)**	Activity 2: Sending an "I Mean It" Message Without Being Mean **(Page 143-ELEM)**
Week 17: Friendly Kotowaza™: Friendly Faces Create Friendly Places™	Friendly Kotowaza™: Friendly Faces Create Friendly Places™ **(Page 170-173-ECC)**	Activity 1: Saying Hello **(Page 74-ELEM)**	Activity 2: Waiting for a Friend **(Page 74-ELEM)**	Activity 2: I'm Curious **(Page 199-200-ELEM)**	Activity 2: Giving a Compliment **(Page 114-ELEM)**	Enhancement Strategy 1: Student Friendly Definition Poster **(Page 61-ELEM)**

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.



Kimochis®

Schoolwide Roadmap (1x/Week Lesson)

Unit 3: Kotowazas™/Feelings Lessons						
Week # Content	**Early Childhood** (Preschool/TK/K)	**1st Grade**	**2nd Grade**	**3rd Grade**	**4th Grade**	**5th Grade**
Week 18: Left Out Kotowaza™: Make Room for Everyone™ (Including Others)	Left Out Kotowaza™: Make Room for Everyone™ (Including Others) **(Page 178-186-ECC)**	Activity 2: Of Course You Can Play! **(Page 170-ELEM)**	Activity 4: Want to Join Us? **(Page 171-172-ELEM)**	Activity 3: Looking to Include You **(Page 170-171-ELEM)**	Activity 2: No Matter What You Say or Do, I Include **(Page 164-165-ELEM)**	Activity 2: Finding a Partner **(Page 163-164-ELEM)**
Week 19: Left Out Kotowaza™: Make Room for Everyone™ (Joining In)	Left Out Kotowaza™: Make Room for Everyone™ (Joining In) **(Page 178-186-ECC)**	Activity 1: Choose a Friendly and Resilient Response When Excluded **(Page 165-166-ELEM)**	Activity 1: Getting Oneself Included **(Page 90-ELEM)**	Activity 1: Getting Oneself Included **(Page 90-ELEM)**	Activity 1: We're Partners! **(Page 162-ELEM)**	Activity 2: No Matter What You Say or Do, I Include **(Page 164-165-ELEM)**
Week 20: Mad Kotowaza™: It's Okay to Be Mad, But It's Not Okay to Be Mean™	Mad Kotowaza™: It's Okay to Be Mad, But It's Not Okay to Be Mean™ **(Page 192-195-ECC)**	Activity 1: Cool Down Mad Feelings **(Page 142-ELEM)**	Activity 1: Positive Self-Talk Scripts **(Page 145-ELEM)**	Activity 1: Talking Face and Voice™: "Tell, Don't Yell" **(Page 142-ELEM)**	Activity 2: Warn People How You Feel **(Page 142-ELEM)**	Activity 2: Using Courage and Compassion to Listen to Mad Feelings **(Page 145-146-ELEM)**
Week 21: Disappointed Kotowaza™: Maybe Next Time™	Disappointed Kotowaza™: Maybe Next Time™ **(Page 200-202-ECC)**	Activity 1: We're Partners! **(Page 162-ELEM)**	Activity 4: Handling Mistakes **(Page 190-191-ELEM)**	Activity 1: Happy Habit **(Page 127-128-ELEM)**	Activity 1: Hope Helps Frustration **(Page 214-ELEM)**	Activity 1: Kimochis® Ripple Game **(Page 205-206-ELEM)**
Week 22: Brave Kotowaza™: Put Your Brave in Front™	Brave Kotowaza™: You Can't Be Brave Without Being Afraid™ **(Page 208-211-ECC)**	Activity 1: Try New Things **(Page 86-ELEM)**	Activity 3: Brave Talk **(Page 157-158-ELEM)**	Activity 1: Practicing Perseverance **(Page 188-189-ELEM)**	Activity 1: Say Sorry **(Page 153-155-ELEM)**	Activity3: Insincere Apologies **(Page 41-ELEM)**

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Schoolwide Roadmap (1x/Week Lesson)



Unit 3: Kotowazas™/Feelings Lessons						
Week # Content	**Early Childhood** (Preschool/TK/K)	**1st Grade**	**2nd Grade**	**3rd Grade**	**4th Grade**	**5th Grade**
Week 23: Silly Kotowaza™: Know When to be Silly and When to be Serious.™	Silly Kotowaza™: Know When to be Silly and When to be Serious.™ **(Page 216-218-ECC)**	Silly: Self Awareness and Self-Regulation **(Page 176-ELEM)**	Activity 1: Musical Kimochis® **(Page 176-177-ELEM)**	Activity 2: Are You Still Having Fun? **(Page 179-180-ELEM)**	Activity 3: Speak Up When It's Not Funny **(Page 181-ELEM)**	Activity 4: I'm Just Kidding **(Page 181-182-ELEM)**
Week 24: Frustrated Kotowaza™: Bounce Back™	Frustrated Kotowaza™: Bounce Back™ **(Page 224-227-ECC)**	Activity 1: Try New Things **(Page 86-ELEM)**	Activity 1: Practicing Perseverance **(Page 188-189-ELEM)**	Activity 3: Mixed Messages **(Page 188-ELEM)**	Activity 4: Handling Mistakes **(Page 190-191-ELEM)**	Activity 1: Friendly Helps Frustration **(Page 191-ELEM)**
Week 25: Sad Kotowaza™: Sad Feelings Come and Go™	Sad Kotowaza™: Sad Feelings Come and Go™ **(Page 232-234-ECC)**	Activity 1: How to Decline Comfort When You Feel Sad **(Page 134-ELEM)**	Activity 1: Mixed Feelings **(Page 136-137-ELEM)**	Activity 1: Be Kind to Yourself **(Page 135-ELEM)**	Activity 2: Don't Tease Me **(Page 137-ELEM)**	Activity 1: Kindness Softens Sadness **(Page 138-ELEM)**
Week 26: Curious Kotowaza™: When Curious be Safe and Kind™	Curious Kotowaza™: When Curious be Safe and Kind™ **(Page 240-242-ECC)**	Activity 1: Curious and Respectful **(Page 196-197-ELEM)**	Activity 1: Curious and Respectful **(Page 196-197-ELEM)**	Activity 1: Sorry, I Was Just Curious **(Page 198-ELEM)**	Activity 1: It's Not All About Me **(Page 199-ELEM)**	Activity 2: I'm Curious **(Page 199-200-ELEM)**
Week 27: Proud Kotowaza™: Proud of Me… Proud of You.™	Proud Kotowaza™: Proud of Me… Proud of You.™ **(Page 248-251-ECC)**	Proud: Self Awareness and Self-Regulation **(Page 219-220-ELEM)**	Activity 2: Proud Talk **(Page 223-ELEM)**	Activity 1: Be Careful Not to Brag **(Page 220-221-ELEM)**	Activity 1: Heart of Pride **(Page 223-ELEM)**	Activity 3: Thoughtful With Pride **(Page 224-ELEM)**

For FIRST GRADE: If deemed more developmentally appropriate, teachers may opt to use the Early Childhood Curriculum, Roadmap, and Packet.

Blue Underlined activities are hyperlinked to the resource. **Orange Pages** are found in the this Packet. **Green Pages** are found in the Kimochis® Early Childhood and Elementary Curriculum.

Kimochis® does not have any affiliation with, nor do we receive any compensation from, the authors or publishers of the books mentioned. The books recommended here have been selected by our curriculum developers based on their potential to complement the Kimochis® Program. These recommendations are intended to serve as guidance; if you discover books that better suit your specific needs or audience, please feel free to use them and share your findings with us. Your feedback can help others who are utilizing the Kimochis® Program.

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

If You're Happy and You Know It - Lyrics

Here is a fun and musical way to increase emotional vocabulary in the classroom. Sing to the tune of "If You're Happy and You Know It."

If you're (FEELING) and you know it (ACTION)

Feeling	Action or Words
 BRAVE	• *Arms on hips* • *Say "I can do it!"*
 CRANKY	• *Give a whine*
 CURIOUS	• *Tap your chin (say hmm...)*
 DISAPPOINTED	• *Say "aww man" (pair with Disappointed Snap™)* • *Say "maybe next time" (shrug shoulders)*
 EMBARRASSED	• *Hide your face*
 EXCITED	• *Say "hooray" (arms up)*
 FRIENDLY	• *Give a Friendly Signal™ (wave, smile, thumbs up)*

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

If You're Happy and You Know It - Lyrics

Feeling	Action or Words
 FRUSTRATED	• *Stomp your feet* • *Give a growl*
 GRATEFUL	• *Say "Thank you"*
 GUILTY	• *Say "oops"*
 HAPPY	• *Clap your hands*
 HOPEFUL	• *Clasp your hands*
 HURT	• *Say "ouch" (hands over heart)*
 INSECURE	• *Look around (appear to be unsure)*
 JEALOUS	• *Fold your arms (pair with scowl)*

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

If You're Happy and You Know It - Lyrics

Feeling	Action or Words
 KIND	• *Give a smile*
 LEFT OUT	• *Put your head down*
 LOVED	• *Hug yourself*
 MAD	• *Clench your fists* • *Stomp your feet*
 PROUD	• *Say "I did it"* • *Give a thumbs up*
 SAD	• *Cry and cry*
 SCARED	• *Bite your nails* • *Quiet scream*
 SENSITIVE	• *Hold your heart*

All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

If You're Happy and You Know It - Lyrics

Feeling	Action or Words
 SHY	• *Hide your face*
 SILLY	• *Give a silly face*
 SORRY	• *Say "sorry"*
 SURPRISED	• *Open your mouth (hands on cheeks)*
 UNCOMFORTABLE	• *Hold your tummy*



All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Feeling Charades

Materials: Kimochis® Feeling Pillows

Instructions:

1. **Prepare the Feelings Pillows:** Gather a selection of Kimochis® Feelings Pillows. Place them in a basket or spread them out on a table where they are easy to reach.

2. **Introduce the Game:** Say to your student(s): *"We're going to play a game called Feeling Charades! Each of us will take turns choosing a Kimochis® Feeling Pillow and acting out that feeling without saying the word. The others will try to guess which feeling you're showing, using your face, body, and voice!"*

3. **Model First:** You go first. Secretly choose a Feelings Pillow from the pile and hold it behind your back or set it aside. Use facial expressions, body language, and tone of voice to act out the emotion.
   - **Example:** If you choose Curious, you might tap your chin, look up thoughtfully and say, *"Hmm…"*

4. **Student Guesses:** Invite your student(s) to guess which feeling you're acting out. Once they guess correctly (or after a few tries), show them the pillow you were acting out.

5. **Encourage a Feeling Story:** After each turn, say: *"Can you tell me about a time you felt* [insert feeling]? *Maybe something that happened at school?"* This step deepens emotional understanding by connecting the feeling to real experiences.

6. **Take Turns:** Let the student(s) pick a pillow and act out a feeling next. Continue taking turns, offering support and encouragement as needed.



This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

What Does This Feeling Mean?

Materials: Kimochis® Feeling Pillows, Whiteboard/Chart Paper, Markers

Instructions:

1. **Warm-Up:** "What Are Feelings?" Begin with a whole-group conversation on what feelings are. Ask:
   - *"Why do we have feelings?"*
   - *"Can we feel more than one feeling at the same time?"*
2. Write a few responses on the board to activate thinking.
3. **Introduce the Basket:** Say: *"This is our Kimochis® Feelings Basket. Inside are different feelings that people can have. We're going to take turns picking one and telling the group what it means to us."*
4. **Pick a Feeling:** Invite one student at a time to come forward, choose a Kimochis® Feeling Pillow from the basket, and hold it up.
5. **Define in Their Own Words:** Ask them:
   - *"What does* [feeling word] *mean to you?"*
   - *"When might someone feel this way at school?"*
   - *"Have you ever felt this at school?"* (Optional)
6. **Group Check-in:** After the student defines it, ask the class: *"Raise your hand if you've felt that way too."*
7. **Record Words:** Write the feeling word and a student-friendly definition on chart paper to create a "Feelings Word Wall."
8. Continue until 5–7 students have had a turn. Rotate different students each time the activity is used.



This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

What Feelings Do You Know?

Materials: Paper, Writing Implements, Large Poster Paper or Bulletin Board Space, Markers

Instructions:

1. Start with a brief class discussion:
   - *"Why is it important to know and use different words for how we feel?"*
   - *"How do feeling words help us understand ourselves and others?"*
2. Ask students to write down as many feeling words as they can think of (e.g., happy, sad, excited, frustrated, nervous, proud, etc.). Encourage them to go beyond "good (easy-to-have™)" or "bad (hard-to-have™)" and be as specific as possible.
3. Go around the room and have students take turns sharing one feeling word at a time from their list. As students share, write each unique word on the board or chart paper.
4. As a class, choose how to organize the feeling words on a big poster (e.g., by easy-to-have™, hard-to-have™, intensity, alphabetical). Let students help decorate it with drawings or colors that represent different emotions.
5. Ask:
   - *"Did you learn any new feeling words today?"*
   - *"How can using more feeling words help us in school or with friends?"*



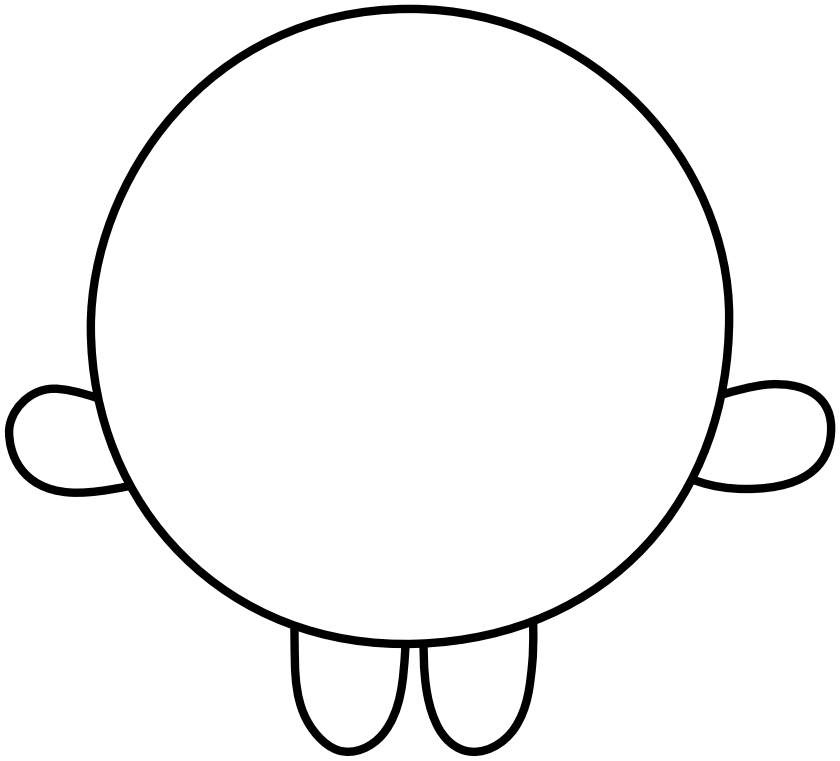
This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Make your own feeling!™

Name: _____

What does your feeling look like?



Feeling:

How I would define it:

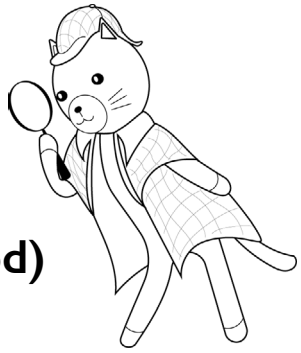
A time I might feel this way is: _____

_____

_____

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®



Kimochis® Feeling Detective™ (Early Childhood)

Materials: Kimochis® Feeling Pillows, Kimochis® Feelings Charts

Instructions:

Throughout the Day: Choose a student per day to be the class Feeling Detective™. The detective picks a feeling from this chart or from the Kimochis® Mixed Bag of Feelings and has the class say the word, make the face and sound, and tell stories about how a student might have this feeling today.

- The Feeling Detective™ asks everyone to look for this feeling all day long and to come back at the end of day to share stories of admiration about how people handled their feelings in positive ways. Ex: *"I saw that Jenny was feeling sad and then Walter asked her if he could do anything to make her feel better."*

During Story-time: Enhance your story-time by incorporating the Kimochis® version of "I Spy"! While reading a storybook, pause at key pages and invite your students to identify a feeling they observe. Encourage them to explain why they "spy" that particular feeling in the story. This activity is a wonderful way to connect Kimochis® with inferencing and reading comprehension, helping students develop emotional literacy while engaging with the text!

At Home (Screen Time): Bring the Kimochis® Feeling Detective™ game into your family's TV watching routine! While watching a show or movie, pause at key moments and ask your children to identify one feeling they notice in a character. Encourage them to explain why they think that character is feeling that way based on their actions or expressions. This is a fun and engaging way to integrate emotional awareness and inferencing skills, while also strengthening reading comprehension and empathy, even during screen time!

While Out and About in the Community: Do Kimochis® Feeling Detective™ during a people-watching outing. While observing people in a park, café, or any public space, pause and encourage your group to identify a feeling they notice in someone nearby. Ask them to explain what clues (like body language, facial expressions, or actions) led them to that feeling. This activity not only promotes emotional awareness and empathy but also sharpens inferencing skills by encouraging observation and thoughtful analysis of real-life situations.

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

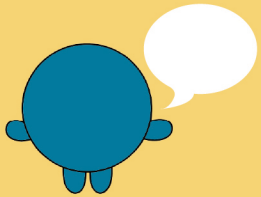


All Feelings Are Okay, All Behaviors Are Not™

Kimochis®



Name It: Say or show the feeling word



Shrink It: Reduce the size of the feeling with a calm-down breath™

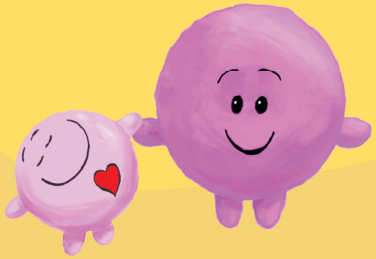


Smell the Flower,
Blow out the Candle

Redo it: Redo hurtful moments™



Share it: Go to a trusted person for help





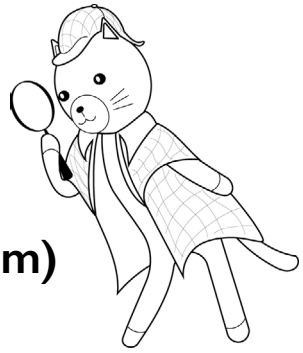
And Remember...

You Can Be Mad, But You Can't Be Mean™



All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®



Kimochis® Feeling Detective™ (In the Classroom)

Materials: Kimochis® Feeling Pillows, Kimochis® Feelings Charts

Instructions:

Throughout the Day: Choose a student per day to be the class Feeling Detective™. The detective picks a feeling from the chart or from the Kimochis® Mixed Bag of Feelings and has the class say the word, make the face and sound, and tell stories about how a student might have this feeling today.

- The Feeling Detective™ asks everyone to look for this feeling all day long and to come back at the end of day to share stories of admiration about how people handled their feelings in positive ways. Ex: *"I saw that Jenny was feeling sad and then Walter asked her if he could do anything to make her feel better."*

During Story-time: Enhance your story-time by incorporating the Kimochis® version of "I Spy"! While reading a storybook, pause at key pages and invite your students to identify a feeling they observe. Encourage them to explain why they "spy" that particular feeling in the story. This activity is a wonderful way to connect Kimochis® with inferencing and reading comprehension, helping students develop emotional literacy while engaging with the text!

At Home (Screen Time): Bring the Kimochis® Feeling Detective™ game into your family's TV watching routine! While watching a show or movie, pause at key moments and ask your children to identify one feeling they notice in a character. Encourage them to explain why they think that character is feeling that way based on their actions or expressions. This is a fun and engaging way to integrate emotional awareness and inferencing skills, while also strengthening reading comprehension and empathy, even during screen time!

During Recess: Do Kimochis® Feeling Detective™ during a recess or times outside of the classroom. While observing people on the playground or during extracurricular activities, encourage your group to identify a feeling they notice in someone nearby. Ask them to explain what clues (like body language, facial expressions, or actions) led them to that feeling. This activity not only promotes emotional awareness and empathy but also sharpens inferencing skills by encouraging observation and thoughtful analysis of real-life situations.

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Group Poster on The Kimochis® Way™

Materials: Large Poster Paper or Chart Paper, Markers, Crayons, Colored Pencils, Scissors, Glue, Magazines (Optional for Collage), Printed List of The 5 Kimochis® Way™ Fundamentals

Instructions:

1. **Review the 5 Fundamentals of the Kimochis® Way™**. Begin with a quick group discussion: Write or display the 5 Kimochis® Way™ statements on the board:
   - Everyone Matters, Everyone Counts.
   - Everyone Has Feelings.
   - Everyone Wants to Belong and Be Included.
   - There Is Room for Everyone at School.
   - Everyone Makes Mistakes.
2. **Ask students:**
   - What do you think this means?
   - Why is this important in our school/classroom?
3. Write down a few student thoughts under each one for reference.
4. **Group Brainstorm:** Divide students into 5 small groups (or pairs if needed). Assign **one Kimochis® Way™ fundamental** to each group. Each group will:
   - Restate the principle in their own words.
   - Draw or brainstorm symbols, people, or actions that show this idea.
   - Think of a short example or slogan (e.g., *"We all belong on the playground"* or *"Mistakes help us grow"*).
5. **Poster Creation:** Have all groups come together to build one classroom poster or several small posters (one per principle) that show:
   - The original Kimochis® Way™ phrase.
   - Their own version or slogan.
   - Drawings, words, or magazine images that illustrate the message.

   Encourage creativity—students can draw each other helping others, showing emotions, or building friendships.

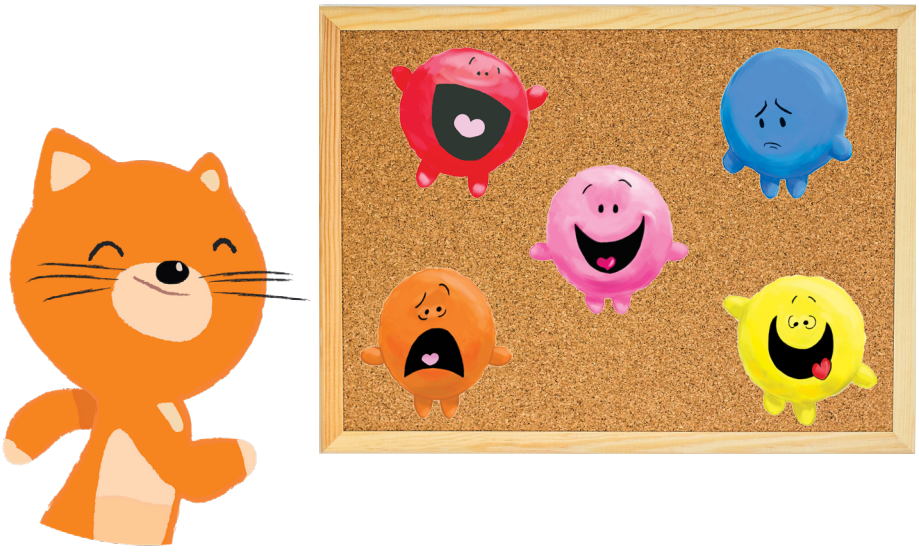
This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Feelings Walk

Materials: Photo Copied and Laminated Kimochis® Feelings Flashcards Taped Around the Room

Instructions:

1. Tell everyone that this is a no talking game. Ask people to walk to the feeling they…
   - …like having most.
   - …like having least.
   - …like to see in others.
   - …don't like seeing in others.
   - …have too little of.
   - …have too much of.
   - …don't like having but have tools to manage.
   - …don't like having and would like to have more tools to handle.
   - …bring into other peoples lives.
2. Reflection: You can stop after a few prompts and debrief and then start the walk and/or invite all to write any reflections or insights in their private journal



This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

How Feelings Work (Feeling Helpers)

Materials: Kimochis® Feeling Pillows, 2 Paper Plates – One Plate with a Happy Face and One with a Sad Face

Instructions:

1. Invite your students to join you for a class meeting. Share that Kimochi means "feeling" in Japanese. Ask students to share what they know about feelings.

2. Explain that everyone has feelings. Today, you will be looking at some feeling words they already know and learning how feelings work.

3. Place the two plates with the happy and sad faces in the middle of the circle and sprinkle familiar Feeling Pillows face side up on the rug (for older students sprinkle all the Feeling Pillows).

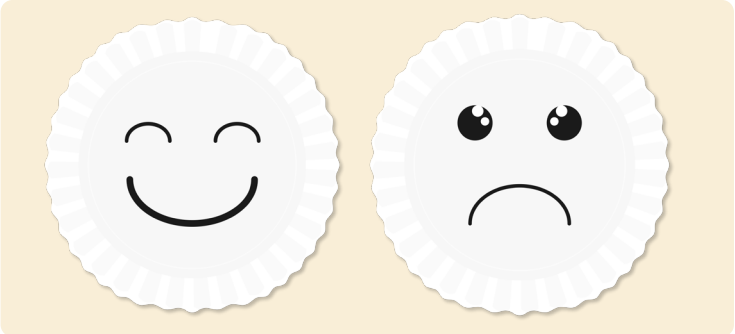
4. Together, look at all the feeling faces and observe your students' curiosity.

5. Next, pick up one feeling at a time. Show it, say the feeling word, and have the students repeat after you.

6. Now, invite them to make a face and sound that goes with that feeling. Ask if anyone has a story of what might create this feeling. For example, someone might feel scared when they hear thunder.

7. Now, you're ready to work with your students to sort the Feeling Pillows. For each Feeling Pillow, decide if it's a feeling our bodies enjoy having (an "easy-to-have™ feeling") or don't enjoy having (a "hard-to-have™ feeling") and place it on the appropriate plate. (For older students, say this is a no-talking activity and ask them to work as a team to sort the Feeling Pillows on the plates.) Once sorted, look at each plate and invite discussion.

8. To wrap up this activity, explain that your class will be learning communication tools to create more of the feelings we enjoy having. You'll also learn tools to make things better – for ourselves, others, and between one another – when we have "hard-to-have™" feelings.



This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Check-In Tool

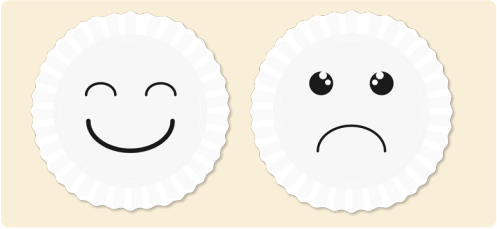
Materials: Kimochis® Feeling Pillows, 2 Paper Plates – One Plate with a Happy Face and One with a Sad Face

Instructions:

Check-In Tool for One Student: Consider leaving the two paper plates with the happy and sad faces out as a tool for students to show rather than tell what they are feeling. Say, *"Feel free to put the Kimochis® Feeling Pillows on the plate if you would like me to understand what you are feeling."*

Reminder: Be sure to invite students to also share feelings when things are feeling positive, so they understand that Kimochis® is not just for solving problems, but also for helping us grow our understanding of others and ourselves, and to have empathy and kindness amidst all our feelings.

Check-In Tool for Classroom: Bring the happy and sad face paper plates to circle time. Ask students to place Feeling Pillows on the happy or sad plates that happened at recess or any time you wish to check-in on how all are feeling.



Happy Plate Directions

1. Pick up one feeling at a time from the happy plate and invite volunteers to share a story about how this feeling happened at school. *"Would anyone like to share a story about a happy feeling they had at school?"*
2. Keep passing the Feeling Pillow to each student who wishes to share. Ex: *"Are there more students who wish to share a happy story they had at school?"*

Sad Plate Directions

1. Choose one feeling at a time from the sad plate and invite volunteers to share a story from school about how this feeling happened. *"Would anyone like to share a story about when they had a sad feeling at school?"*
2. Pass the Feelings Pillow to the student who wishes to share.
3. Ask this student if they have a tool to make things better for their (sad) feeling.
4. If the student says yes, invite them to show the class by acting out the situation in a role-play with you. Ex: You put this student in the (sad) situation so they can show what they said and did to make things better.
5. The teacher can also create a show (or role play) to recreate the situation so you can show how to use your facial expression, tone of voice and helpful words to make the (sad) feeling and situation better.
6. Ask for volunteers to join you in a show so they can practice the tool you just showcased.
7. Thank your students for being brave and kind enough to learn and practice tools to make things better when there are hard-to-have™ feelings.

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Kimochis® Soup™

Materials: Kimochis® Feeling Pillows, Soup Pot/Bowl, Ladle

Instructions:

1. Begin by inviting your students to make Kimochis® Soup™ on the rug. Sit in a circle around an empty soup pot and sprinkle some Kimochis® Feeling Pillows around it, word side up.

2. Start with making a soup that contains mostly easy-to-have™ feelings, like "Birthday Soup." Have them toss in all the feelings they have about birthdays.

Note: When it comes to soups containing mostly hard-to-have™ feelings, like "My Friend Forgot to Share and Take Turns Soup," (for younger students) and "Homework Soup" (for older students), it can be helpful to keep this activity more objective in the beginning.

3. Use conditional and third-person language, such as, *"What feelings might kids your age have when…* (name the situation)*?"*

4. Here are some suggested soups for all ages:

   - Friendship Soup
   - Lunchtime Soup
   - First Day of School Soup
   - Birthday Soup
   - Recess Soup
   - I Want More Soup (feelings the students want more of)
   - Soup I Don't Like (feelings the students want less of)



5. Once a topic or theme is chosen, let the students take turns selecting a feeling they have about that topic and toss the pillow in the pot. You can toss some in too, to make the soup richer and more complex for discussion.

6. Hand the soup ladle to one student at a time and let each pull out a Feeling Pillow with it. (This is super fun as the ladle cups the feeling.) Ask for volunteer students to take turns holding the ladle, and exchange tips and tricks for managing each feeling. Say, *"If you would like to share a tip or trick for making things better when you have this feeling, put your hand out and we'll pass you the soup ladle."*

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Kimochis® Soup™ (Continued)

7. To wrap up this activity, have students identify one new idea or lesson they learned from this "recipe" that might help them with these particular feelings in the future.

8. The best thing about this activity is that you can do it over and over—creating new and different soups—talking about how life is also a great big bowl of mixed feelings where we learn something new each time. Consider adding a "Monday Morning Soup" or "Weekend Soup" by letting students toss in a mix of all the feelings they want to have this week or did have over the weekend.

9. Once the soup is made, have them use the soup ladle to pull out each feeling and discuss that feeling. It's a playful and powerful way to begin and end your school week with unlimited variety and potential!



This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.



Kimochis®

Kimochis® Build a Bowl™
Feelings That I Want/Don't Want

Materials: Kimochis® Feeling Pillows, "Happy" and "Sad" Paper Plates, a Bowl/Basket

Instructions:

Modification for Grades 2-5: Use the Make Your Own Feeling™ Template and have students build a bowl by creating new feeling words as they think of them. It is helpful to laminate these new paper Kimochis® feelings. It is also effective to create a feeling word wall and challenge your students to reach 100 feeling words.

1. Hold up the paper plates with the happy and sad faces. Activate your students' previous knowledge that we all have feelings that are easy-to-have™, feelings we enjoy having in our body (show the smiling plate) and feelings that are hard-to-have™, feelings we do not enjoy having in our body (show the frowning plate).

2. Let your class know that today you will be building a bowl of feelings they already know.
   - For younger students, recall the feeling words they learned during your last Kimochis® session, and then pull each of these Feeling Pillows from the Kimochis® Mixed Bag of Feelings. Invite them to make the face and sound for each feeling and then place it in your class bowl.
   - For older students, have them share new feeling words they have heard or thought of since your last session. Add these new vocabulary words to the feeling word wall and/or use the Make Your Own Feeling™ template and add these laminated Make Your Own Feelings™ to your classroom's feeling bowl.

3. Share that each day a student will be chosen to be the class Feeling Detective™. The class Feeling Detective™ will reach into the Kimochis® Bag of Feelings and pull out a new feeling to add to your class bowl. Then everyone will look and listen for this feeling all day long and share stories about this new feeling. For older students, you can have them choose a word from the feeling word wall or bring a new word to the class.

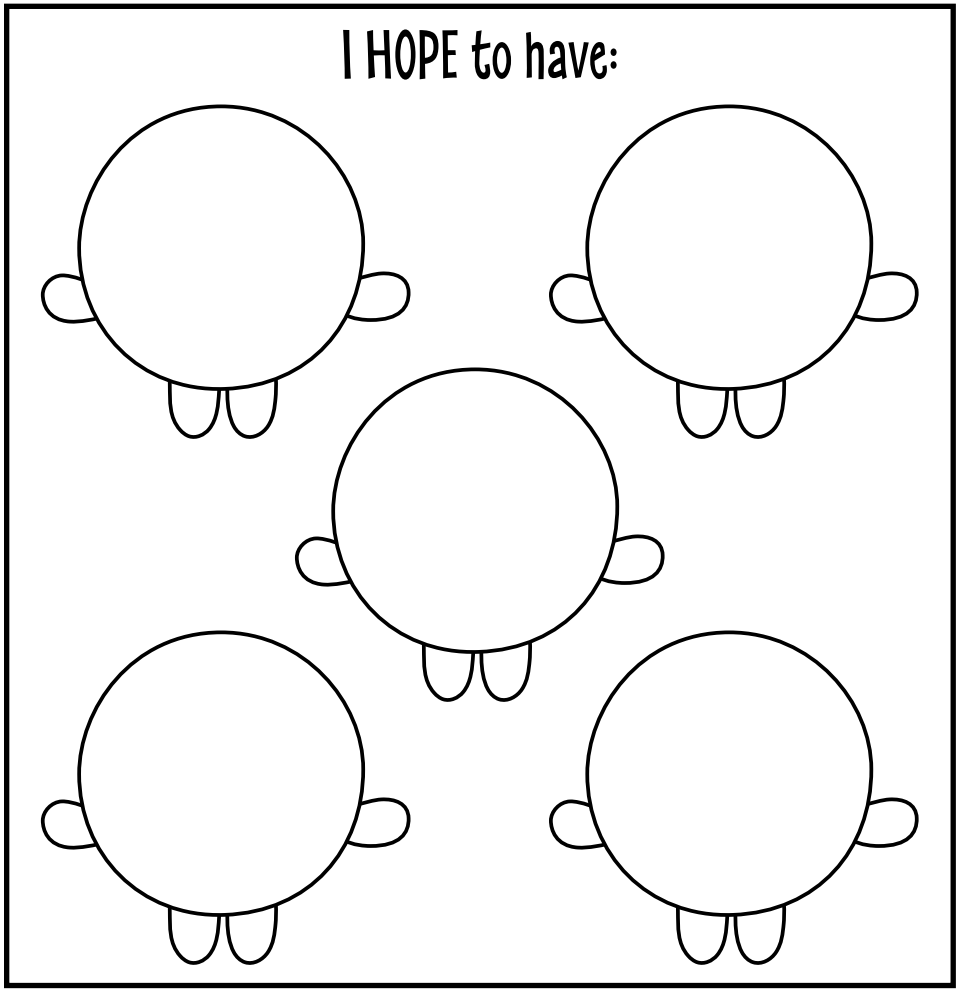
4. Together with your class, choose a spot for your class feeling bowl to live.
   - For younger students, share that Kimochis® are your classroom feeling helpers, and that your students can go to the bowl to dig out feelings when they want to show or tell someone what they are feeling.
   - For older students, share that you are looking to them to think of ways your class can use the feeling bowl to make things better when hard-to-have™ feelings arise.

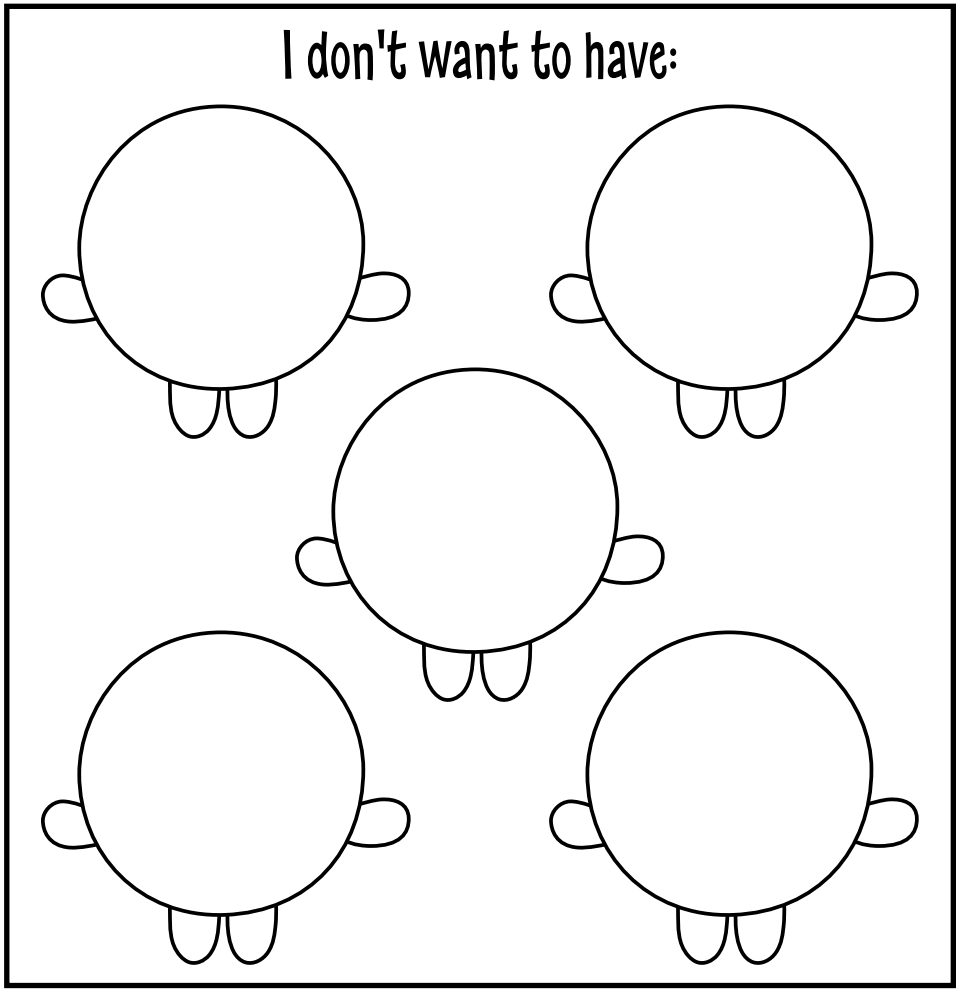
This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Name: _____

Draw feelings in each box ...





YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®



Kimochis® Build a Bowl™
Feelings That I Want More Of/Less Of

Materials: Kimochis® Feeling Pillows, "Happy" and "Sad" Paper Plates, a Bowl/Basket

Instructions:

Modification for Grades 2-5: Use the Make Your Own Feeling™ Template and have students build a bowl by creating new feeling words as they think of them. It is helpful to laminate these new paper Kimochis® feelings. It is also effective to create a feeling word wall and challenge your students to reach 100 feeling words.

1. Hold up the paper plates with the happy and sad faces. Activate your students' previous knowledge that we all have feelings that are easy-to-have™, feelings we enjoy having in our body (show the smiling plate) and feelings that are hard-to-have™, feelings we do not enjoy having in our body (show the frowning plate).

2. Let your class know that today, you will be building a bowl of feelings they already know.

   - For younger students, recall the feeling words they learned during your last Kimochis® session, and then pull each of these Feeling Pillows from the Kimochis® Mixed Bag of Feelings. Invite them to make the face and sound for each feeling and then place it in your class bowl.
   - For older students, have them share new feeling words they have heard or thought of since your last session. Add these new vocabulary words to the feeling word wall and/or use the Make Your Own Feeling™ template and add these laminated Make Your Own Feelings™ to your classroom's feeling bowl.

3. Share that each day, a student will be chosen to be the class Feeling Detective™. The class Feeling Detective™ will reach into the Kimochis® Bag of Feelings and pull a out new feeling to add to your class bowl. Then everyone will look and listen for this feeling all day long and share stories about this new feeling. For older students, you can have them choose a word from the feeling word wall or bring a new word to the class.

4. Together with your class, choose a spot for your class feeling bowl to live.

   - For younger students, share that Kimochis® are your classroom feeling helpers, and that your students can go to the bowl to dig out feelings when they want to show or tell someone what they are feeling.
   - For older students, share that you are looking to them to think of ways your class can use the feeling bowl to make things better when hard-to-have™ feelings arise.

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®



Kimochis® Build a Bowl™
Feelings for Conflict Situations

Materials: Kimochis® Feeling Pillows, "Happy" and "Sad" Paper Plates, a Bowl/Basket

Instructions:

Modification for Grades 2-5: Use the Make Your Own Feeling™ Template and have students build a bowl by creating new feeling words as they think of them. It is helpful to laminate these new paper Kimochis® feelings. It is also effective to create a feeling word wall and challenge your students to reach 100 feeling words.

1. Hold up the paper plates with the happy and sad faces. Activate your students' previous knowledge that we all have feelings that are easy-to-have™, feelings we enjoy having in our body (show the smiling plate) and feelings that are hard-to-have™, feelings we do not enjoy having in our body (show the frowning plate).

2. Let your class know that today, you will be building a bowl of feelings they already know.

   - For younger students, recall the feeling words they learned during your last Kimochis® session, and then pull each of these Feeling Pillows from the Kimochis® Mixed Bag of Feelings. Invite them to make the face and sound for each feeling and then place it in your class bowl.
   - For older students, have them share new feeling words they have heard or thought of since your last session. Add these new vocabulary words to the feeling word wall and/or use the Make Your Own Feeling™ template and add these laminated Make Your Own Feelings™ to your classroom's feeling bowl.

3. Share that each day, a student will be chosen to be the class Feeling Detective™. The class Feeling Detective™ will reach into the Kimochis® Bag of Feelings and pull out a new feeling to add to your class bowl. Then everyone will look and listen for this feeling all day long and share stories about this new feeling. For older students, you can have them choose a word from the feeling word wall or bring a new word to the class.

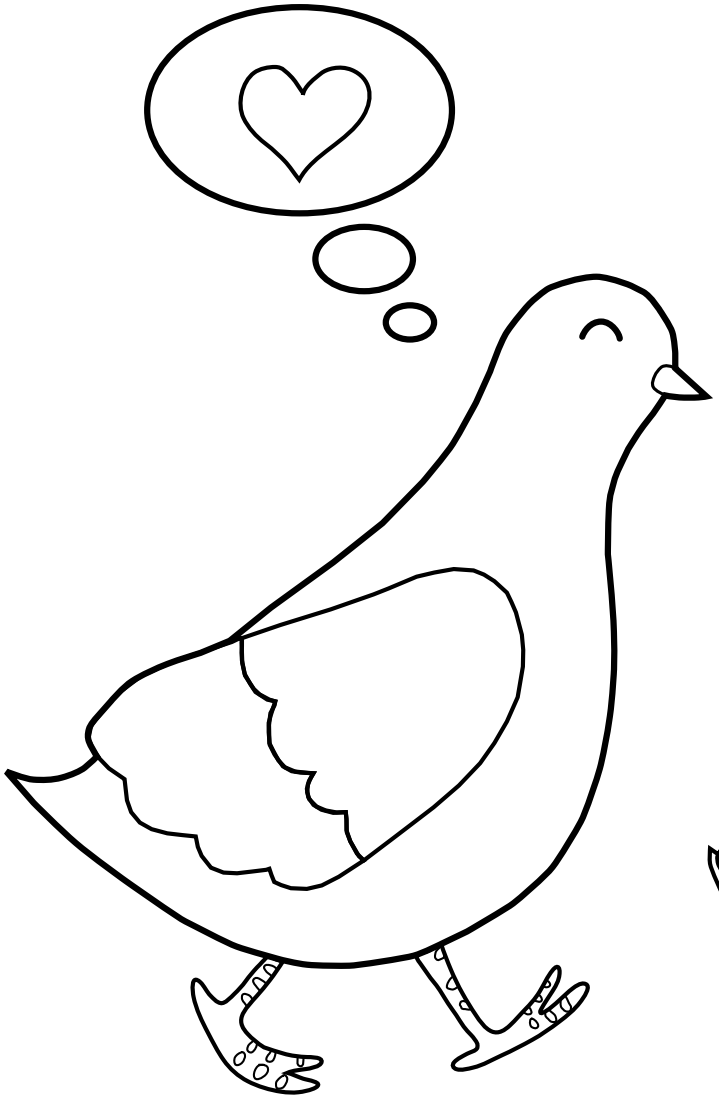
4. Together with your class, choose a spot for your class feeling bowl to live.

   - For younger students, share that Kimochis® are your classroom feeling helpers, and that your students can go to the bowl to dig out feelings when they want to show or tell someone what they are feeling.
   - For older students, share that you are looking to them to think of ways your class can use the feeling bowl to make things better when hard-to-have™ feelings arise.

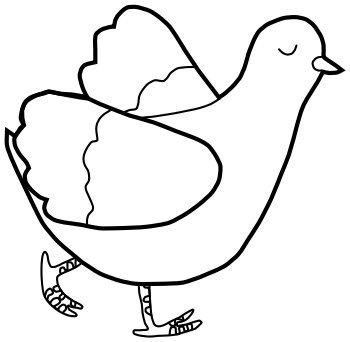
This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

MEET LOVEY DOVE™!



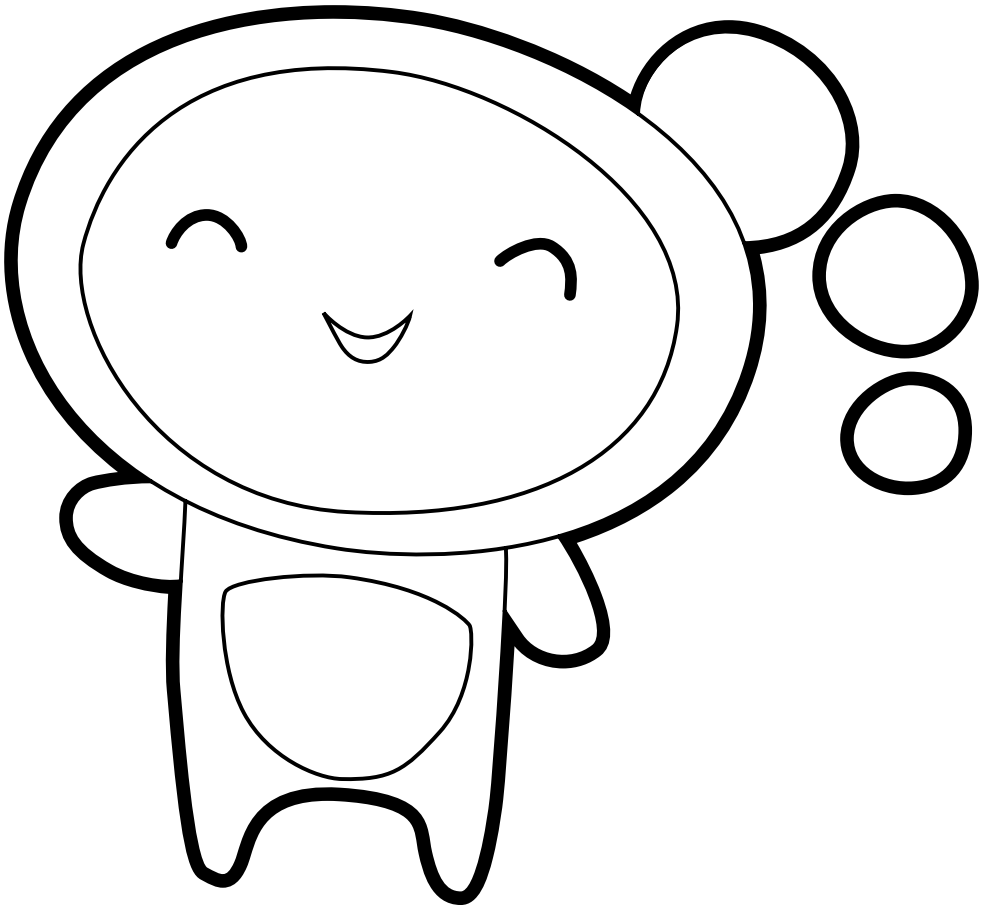
AND
TURTLE DOVE™
TOO!



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

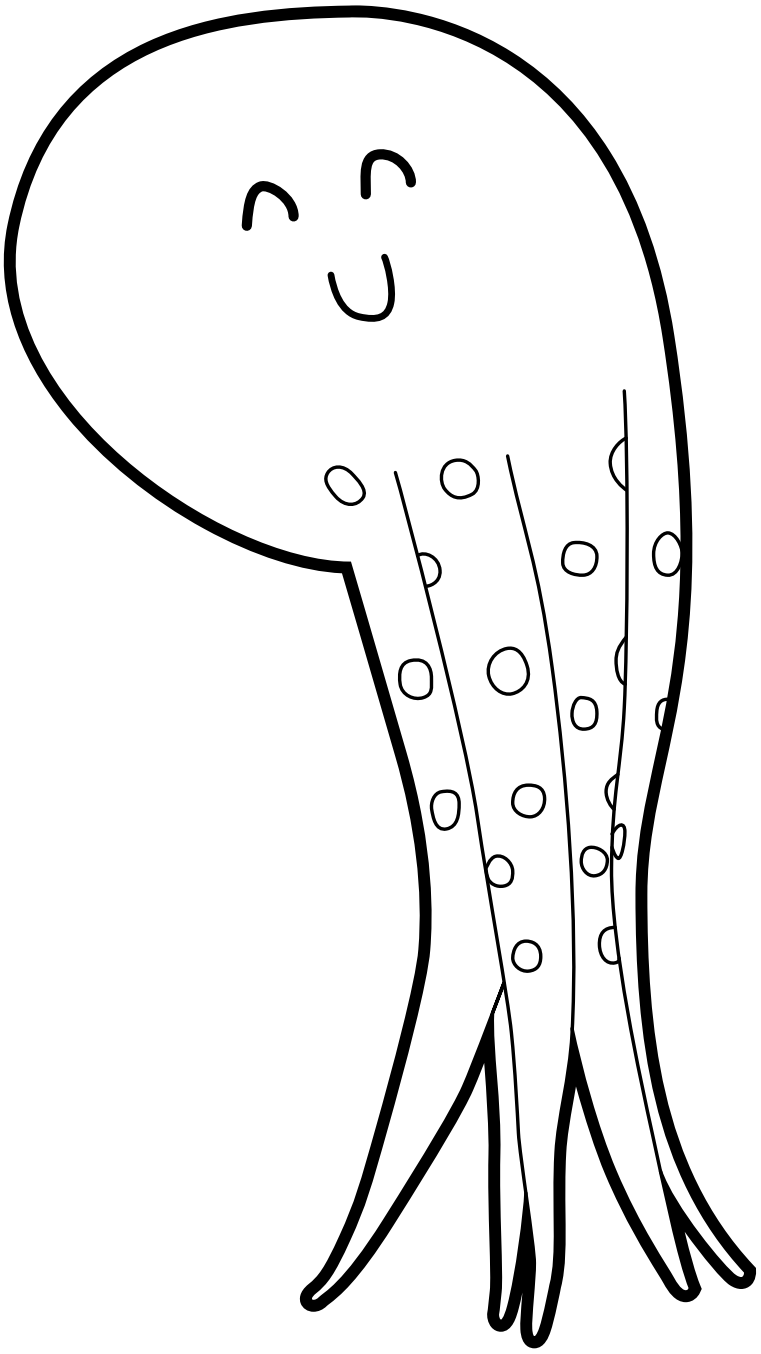
MEET CLOUD™!



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

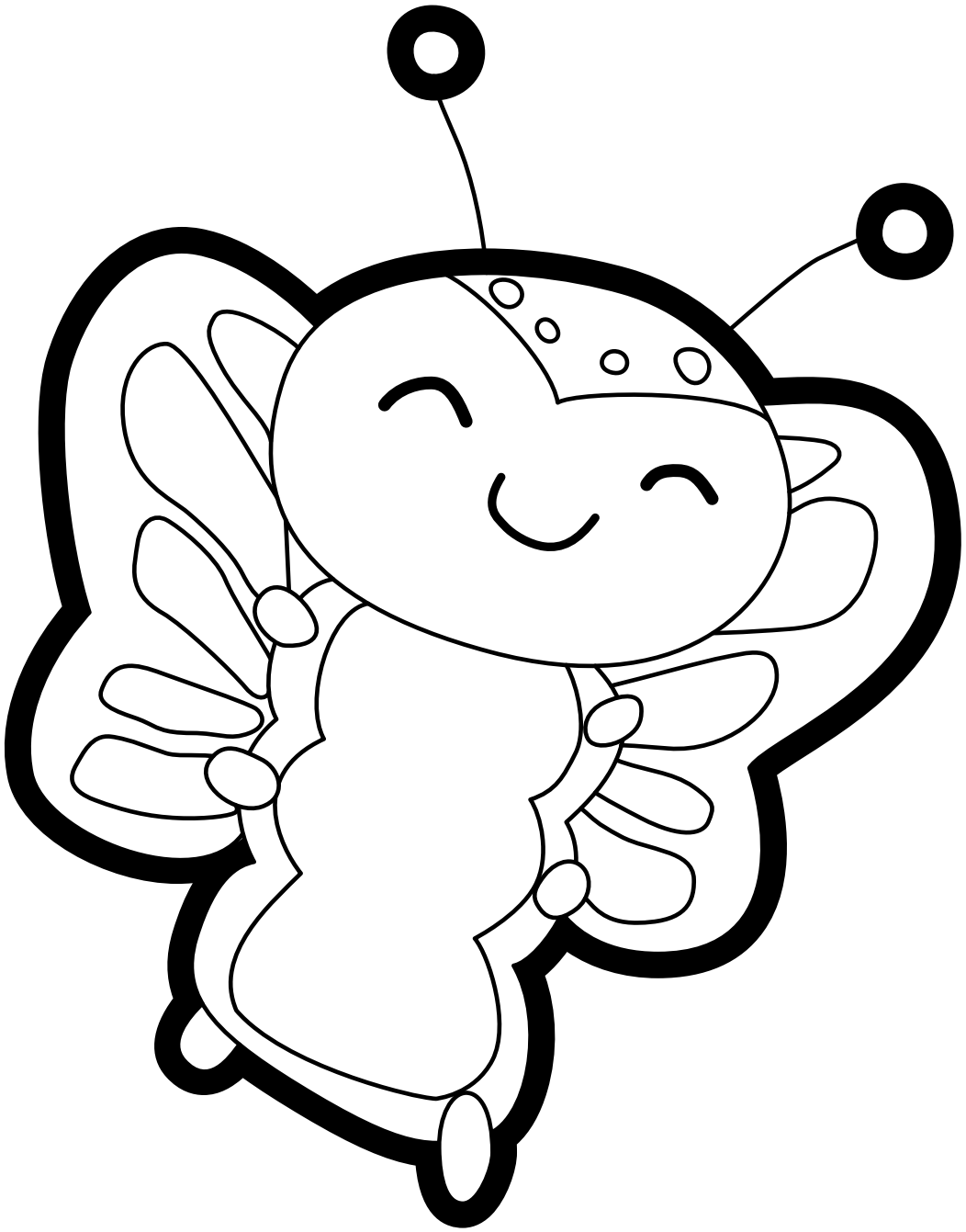
MEET HUGGTOPUS™!



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

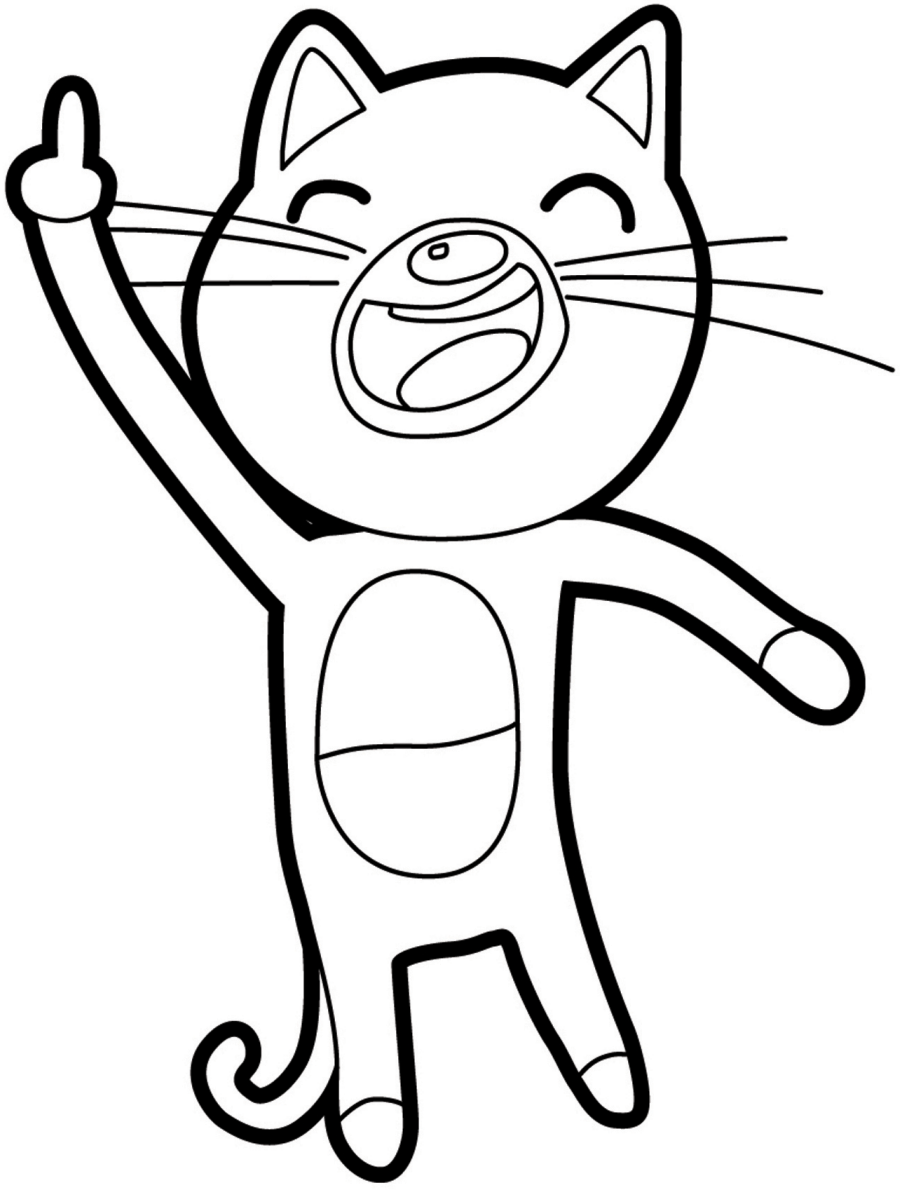
MEET BUG™!



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

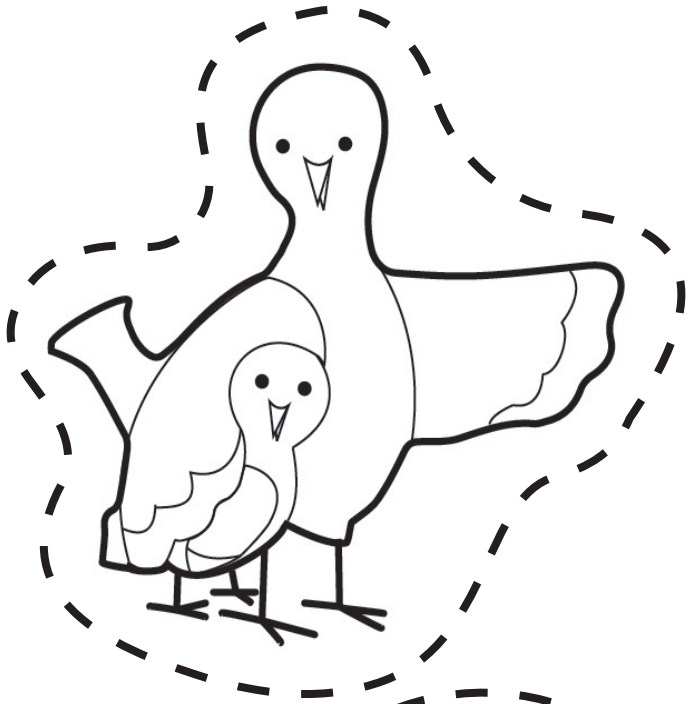
MEET CAT™!

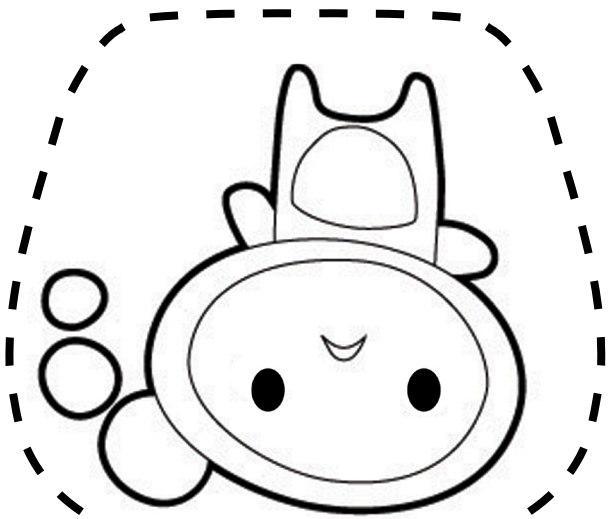


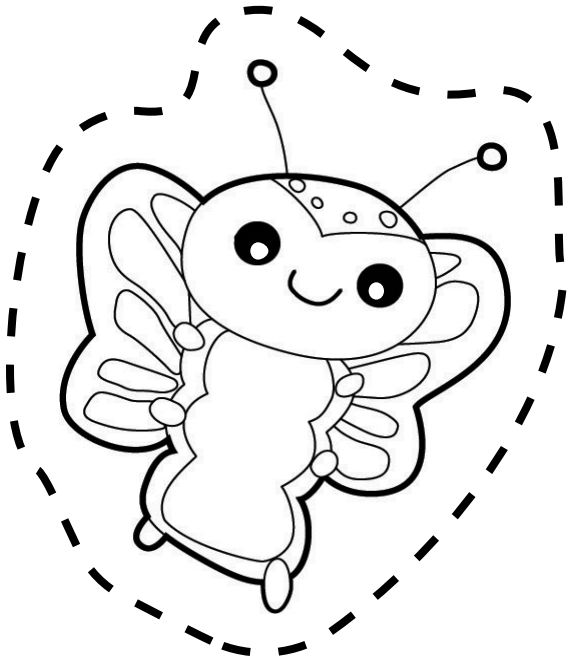
YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

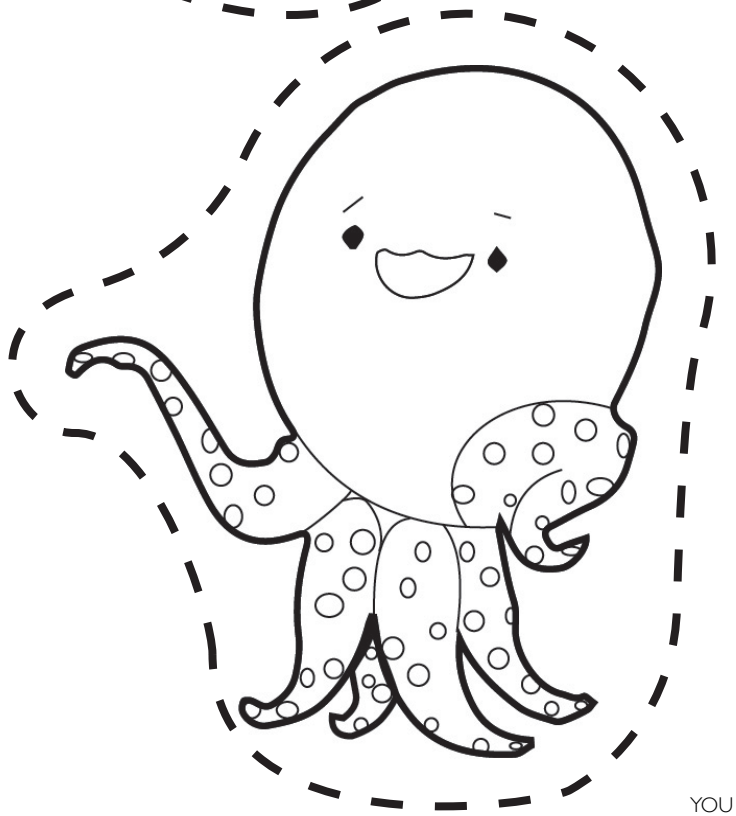
Kimochis®

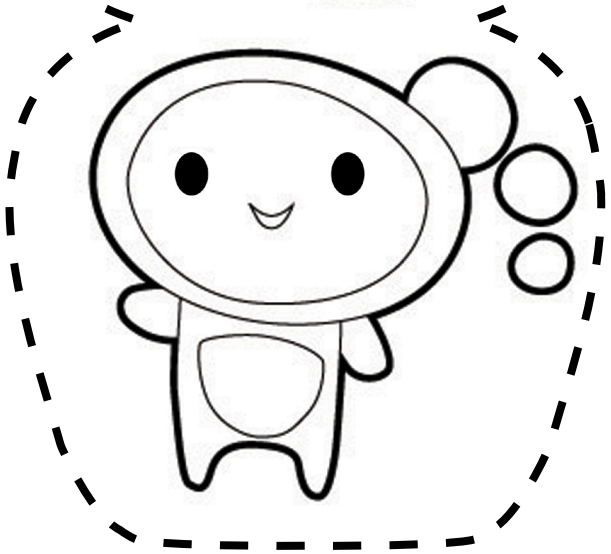
Character Puppet Coloring Template

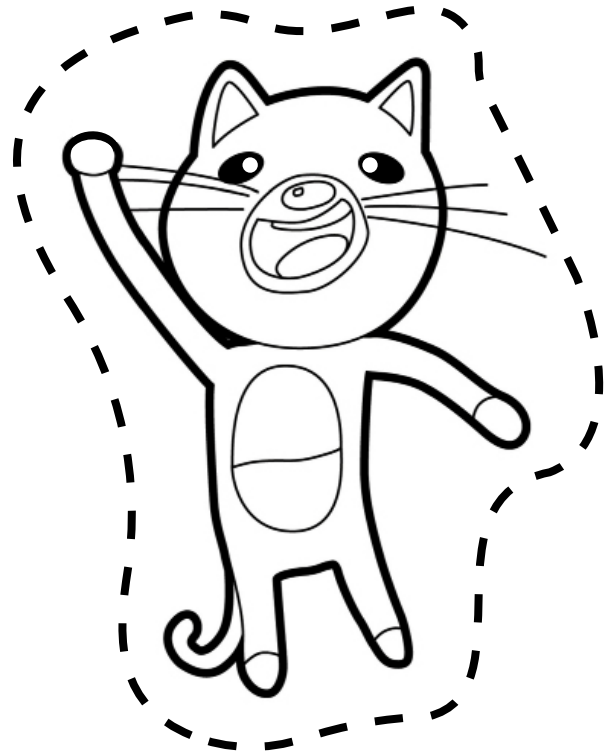












YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Who is Your Favorite Kimochis® Character?

Materials: Kimochis® Characters, "Who is your Favorite Kimochis® Character?" Chart, Markers/Crayons, Whiteboard or Chart Paper *(if you want to recreate the chart manually)*

Instructions:



1. **Introduction:** Begin with a short review of the Kimochis® characters: Huggtopus™, Cloud™, Bug™, Cat™, and Lovey Dove™.
2. **Class Discussion:** Ask students: *"If you could be friends with one Kimochis® character, who would it be?"* Encourage them to think about which one they relate to or simply like the most.
3. **Vote and Chart Activity:** Display the "Who is your Favorite Kimochis® Friend?" chart (either printed or on a smart board/poster). One by one, invite each student to:
   - Say who their favorite character is.
   - Optionally, share why they picked that character. Prompt with *"I like Huggtopus™ because..."*
4. **Wrap Up:** Look at the final chart together. Ask:
   - *"Which character is the most popular today?"*
   - *"What do our choices say about our class?"*

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Who is Your Favorite Kimochis® Character?



Lovey Dove™



Cloud™



Huggtopus™



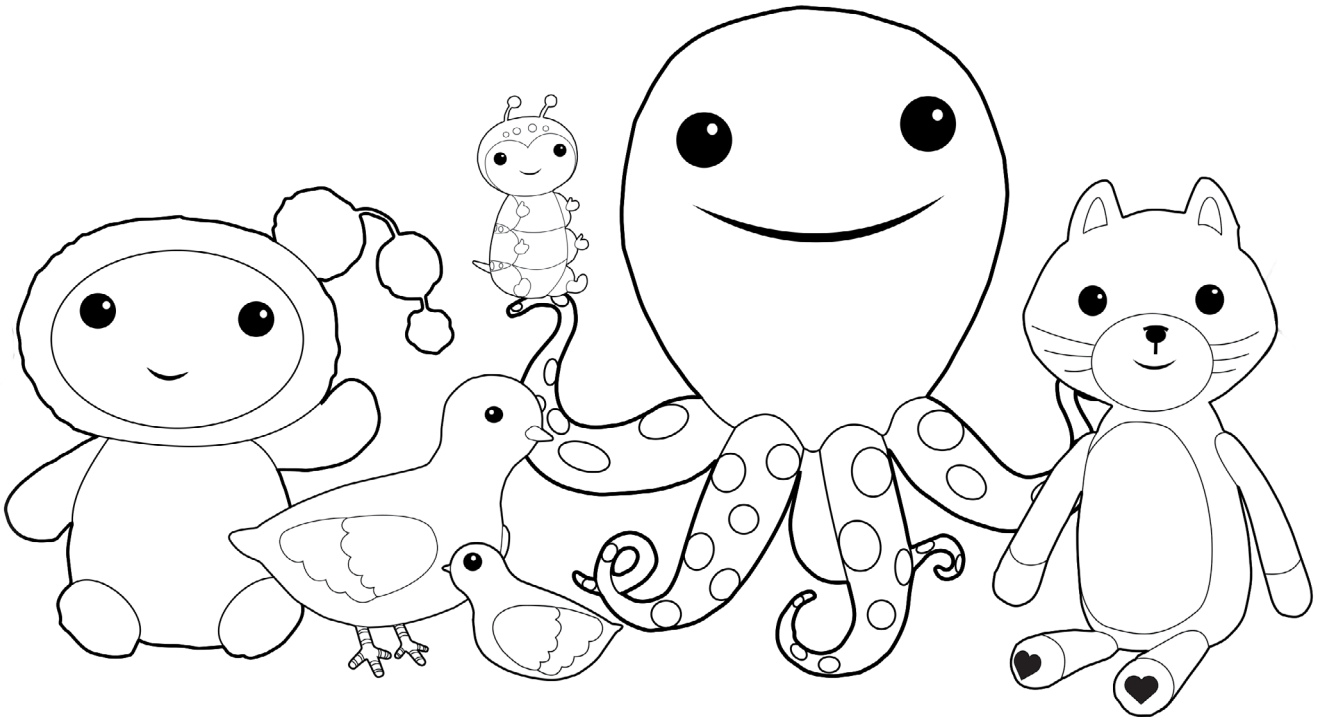
Bug™



Cat™

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

My Kimochis® Journal



Name: _____

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE

Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Lovey Dove™

Name: _____

Lovey Dove™ is my friend. Draw a picture of our friend, Lovey Dove™.

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Lovey Dove™

Name: _____

Draw a picture to show these tools in action.

Tool: Draw your favorite Friendly Signal™.

Tool: Take a friend under your wing™.

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Cloud™

Name: _____

Cloud™ is my friend. Draw a picture of our friend, Cloud™.

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Cloud™

Name: _____

Draw a picture to show these tools in action.

1st: Smell the flower. Breathe in slowly through your nose.

2nd: Blow out the candle. Blow out slowly through your mouth.

Write or draw when you can take a Calm-Down Breath™.

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Huggtopus™

Name: _____

Huggtopus™ is my friend. Draw a picture of our friend, Huggtopus™.

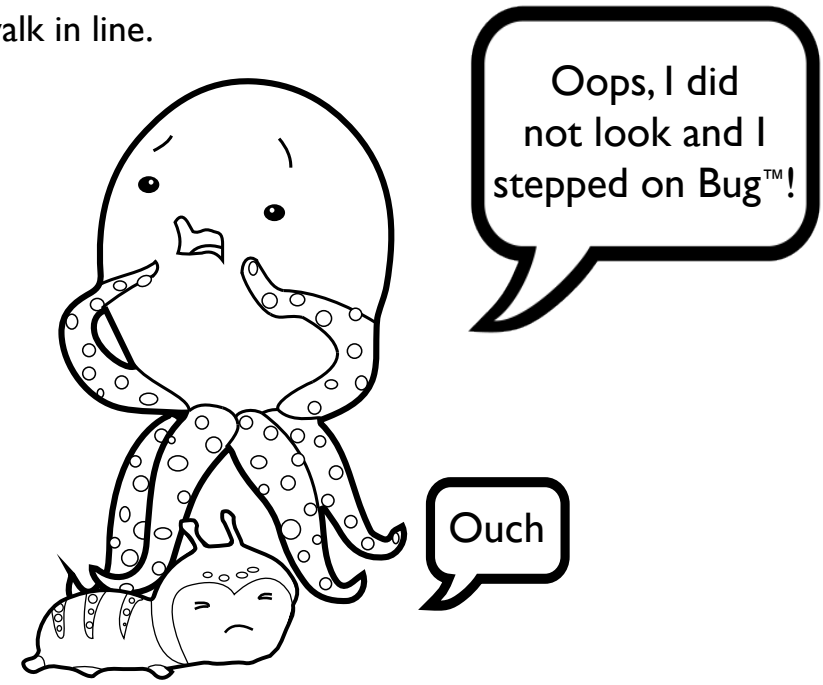
YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Huggtopus™

Name: _____

Draw a picture below of Huggtopus™ walking safely in a line.

How NOT to walk in line.



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Bug™

Name: _____

Bug™ is my friend. Draw a picture of our friend, Bug™.

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

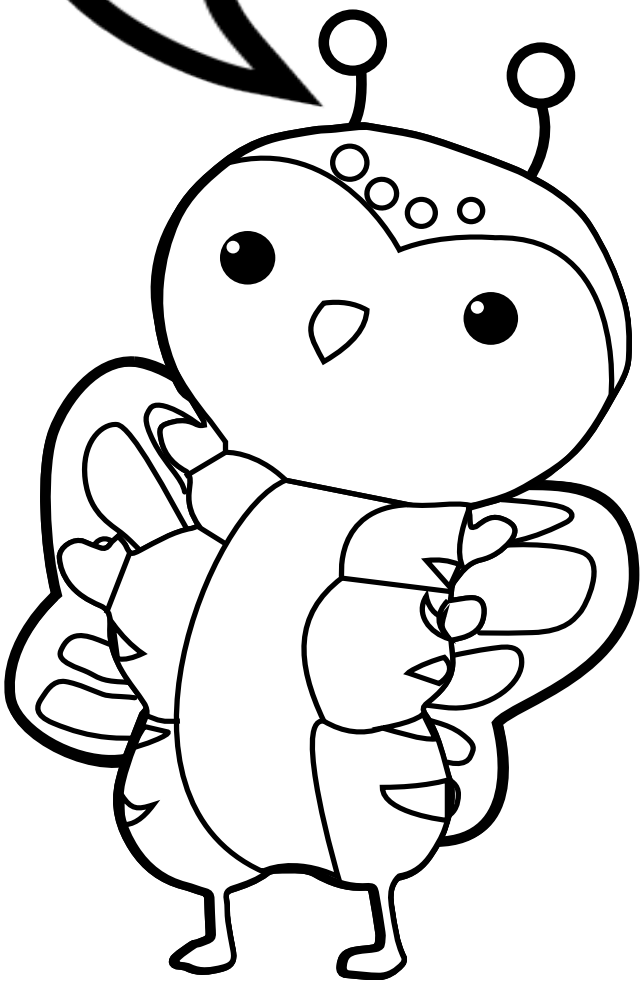
Kimochis® Bug™

Name: _____

What worries you?

_____

Write some examples of positive self-talk.



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Cat™

Name: _____

Cat™ is my friend. Draw a picture of our friend, Cat™.

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Cat™

Name: _____

I can talk nicely and use my manners like Cat™ instead of being bossy. Trace the words.

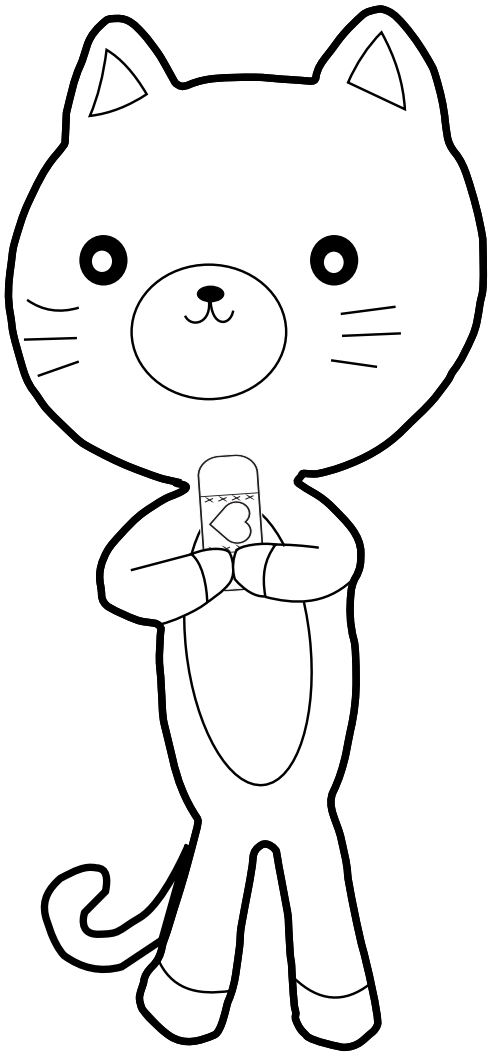
Do you want to play?

Thank you

Please

I am sorry.

Excuse me.



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis® Character Sort

Materials: Kimochis® Characters (or Images of Kimochis® Characters)

Set Up:

1. Set up the Kimochis® Characters at different areas of your classroom.
2. Briefly review the personalities of each character with the class (keep it short and engaging).

Instructions:

1. **Warm-Up:** *"Today, we're going to think about the Kimochis® Characters and how we feel about them. Everyone has different feelings, and that's okay! Let's do some moving to show how we feel."*
2. **Movement Questions** (3 Rounds):

   Question 1: "*Which Kimochis® Character is your favorite?*"

   - Ask students to walk to the corner of their favorite character.
   - Once everyone has chosen, ask a few volunteers to share why they chose that character.

   Question 2: "*Which Kimochis® Character is hard to be around sometimes?*"

   - Clarify that this doesn't mean the character is "bad," just that their behavior can be tricky sometimes.
   - Have students walk to the character they find the hardest to be around.
   - Ask: *"Why might this character be tricky to be around sometimes?"* and allow a few safe, respectful shares. Emphasize understanding and empathy.

   Question 3: "*Which Kimochis® Character do you wish you could be more like?*"

   - Have students walk to the character they admire and would like to be more like.
   - Ask: *"What makes this character someone you look up to?"* Encourage positive aspirations.

3. Gather students in a circle and reflect:
   - *"Was it hard to choose your answers?"*
   - *"What did you notice about what others picked?"*



This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®



Activity: Kindness Egg Experiment

Objective:

The objective of the Kindness Egg Experiment is to help students understand the impact of kindness on emotions. By using the visual representation of the egg (Eggbert) sinking in water and then floating after kindness is added, students will explore how kindness can help "lift" sadness and create a positive environment.

Materials:

- An egg (raw)
- Two clear glasses or containers
- Water
- Whiteboard, dry erase markers
- Kind Feeling Pillow

Instructions:

1. On the whiteboard, brainstorm ways we can show kindness at school and at home, then write them down with the students.

2. Next, draw a face on an egg and have the class agree on a name—let's call him Eggbert. Start by saying, *"Eggbert is feeling very sad today and needs help to make the sadness a little smaller."*

3. Place the egg in a glass of water and ask if Eggbert sinks or floats. The egg will sink. Say, *"See, Eggbert is sinking in so much sadness and needs help to feel better. Do you think you can help?"*

4. Now, explain that we're going to build a new world for Eggbert—one filled with kindness.

5. Hold up a second glass of water with some salt already in it and say, *"I have my kindness sprinkles here. We're going to pull from our kindness board and sprinkle kindness into this new world."*

6. *Say, "Every time we say or do something kind for Eggbert, we'll add some kindness sprinkles."* Give several students a turn to shake the saltshaker and add kindness to the water.

This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®



Activity: Kindness Egg Experiment

7. After 2-3 students have a turn, put Eggbert in the salty water solution and ask them to observe what happens to Eggbert. Ask your students to note any changes but that we may need to add additional acts of kindness to see any.

8. After 7-8 students have participated, say, *"Okay, I think we've added enough kindness. Do you think we've made Eggbert's new world a little kinder? Let's see."*

9. Carefully scoop Eggbert out of the plain water and drop him into the new world. Watch as Eggbert floats to the top, showing how kindness has made his world better!

Discussion Questions:

1. **What happened to Eggbert in the first glass? What happened to Eggbert when we added some kindness to the world?** (Prompt students to describe how the egg felt, what changes they saw, or how the kindness actions impacted the egg's appearance or state.)

2. **How do small acts of kindness affect people, like we saw with the egg?**
   (Encourage students to share examples of small acts of kindness they've experienced or witnessed, and how those actions made a difference.)

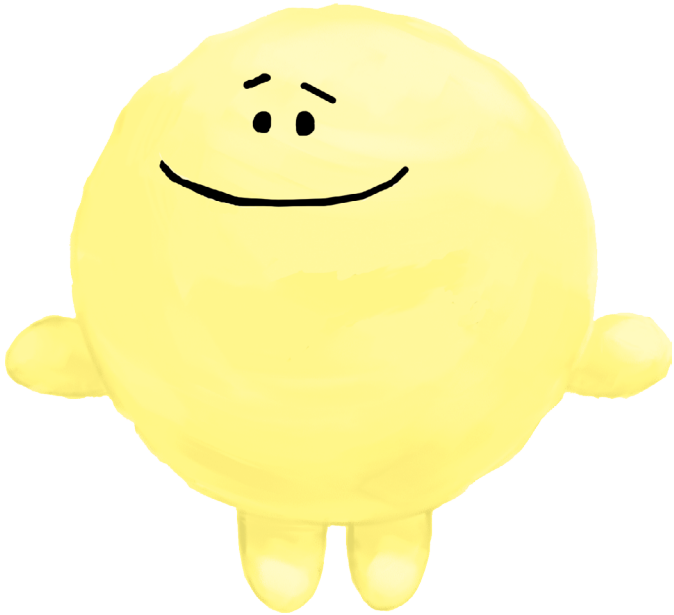
3. **What are some ways we can continue to show kindness every day, like we did in this experiment?**
   (Encourage students to brainstorm other ways they can practice kindness in their daily lives, such as offering compliments, helping someone, or sharing.)



This guide may not be redistributed without written consent from Plushy Feely Corp.
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Take the Time to Be KIND™

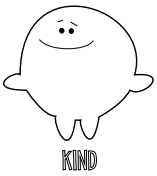




YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

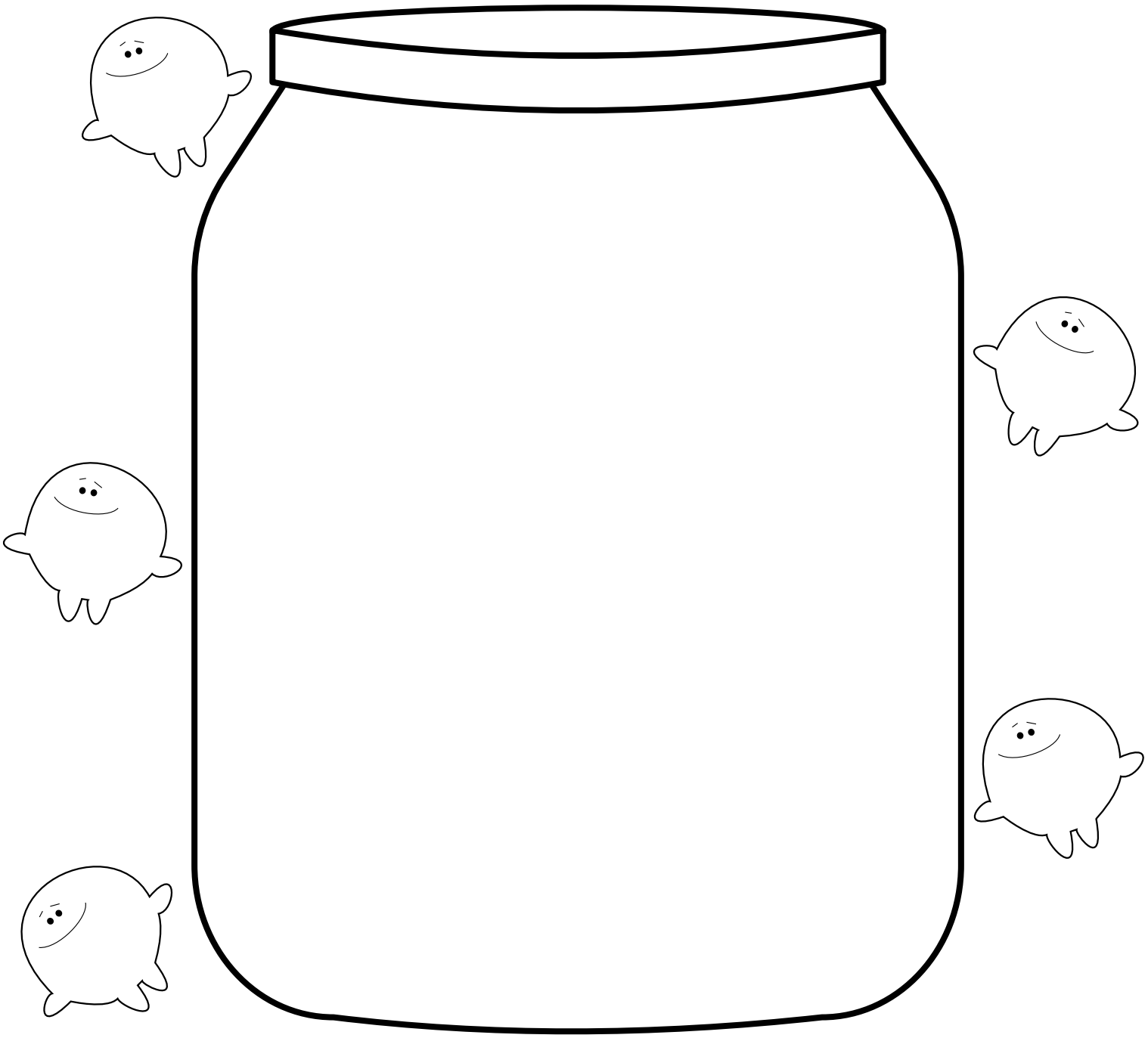
Kimochis®

Name: _____



Kindness Jar

Instructions: Glue acts of Kindness that you would like to add to your Kindness Jar.



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Name: _____

Acts of Kindness

Instructions: Cut out the hearts along the dotted lines. Glue your favorite acts of kindness on the kindness jar. For the blank hearts, write an act of kindness you want to do at school or at home.

Give a compliment to a peer.

Write a thank-you note to a teacher.

Donate a toy or clothes to charity.

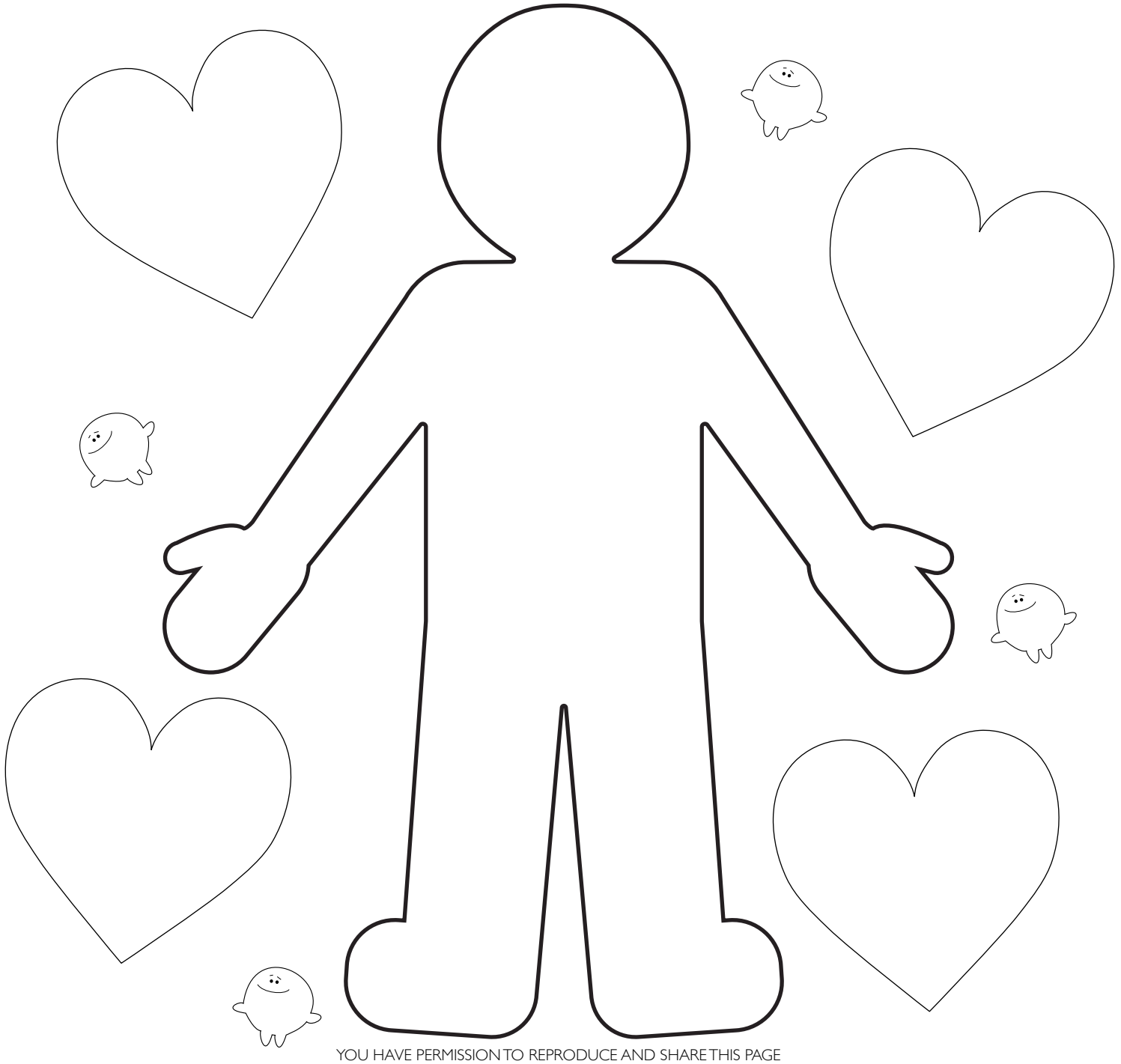
YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Name: _____

I Can Be Kind Poster

Instructions: Draw a picture of yourself and write down ways that you can **TAKE THE TIME TO BE KIND™**. Remember, if it's KIND, say it! If it's KIND, do it!



YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Name: _____



The Kindness Challenge

Instructions: Write about ways you can make the world kinder. Challenge yourself to do these acts of kindness and share them with your classmates. Ask your friends to join you on your kindness journey or create your own Kindness Challenge Calendar together! Each time you perform that act of kindness, cross it off on the calendar! Come up with a fun way you will celebrate completion of this challenge together.

At School	At Home	In the Community
Example: Send a Friendly Signal™ to someone you don't know or to a new student at school.	*Example: Do a chore at home without anyone in your family asking you to do so.*	*Example: Donate clothes/toys/supplies you don't use anymore to a charity.*

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.

Kimochis®

Make Your Own Kindness Calendar

Name: _____



Kindness Challenge for the Month of: _____

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
All Kimochis® characters, feeling pillows, images and language are patented, copyrighted and trademarked property of Kimochis and Plushy Feely Corp.
US20110014842A1, USD621887S1, USD621885S1, USD628246S1, USD622331S1, USD621888S1, USD634794S1, USD651668S1, USD651663S1, 88482077 All Rights Reserved.