

Kimochis®

toys with feelings inside



BUG is a caterpillar who is afraid of change. Although he feels afraid, Bug secretly dreams of flying. When he feels cautious, you can tuck his wings away in his back. When he feels brave, you can spread his wings to make him fly! Bug's favorite number is 2, his favorite color is magenta, and he loves to read maps.

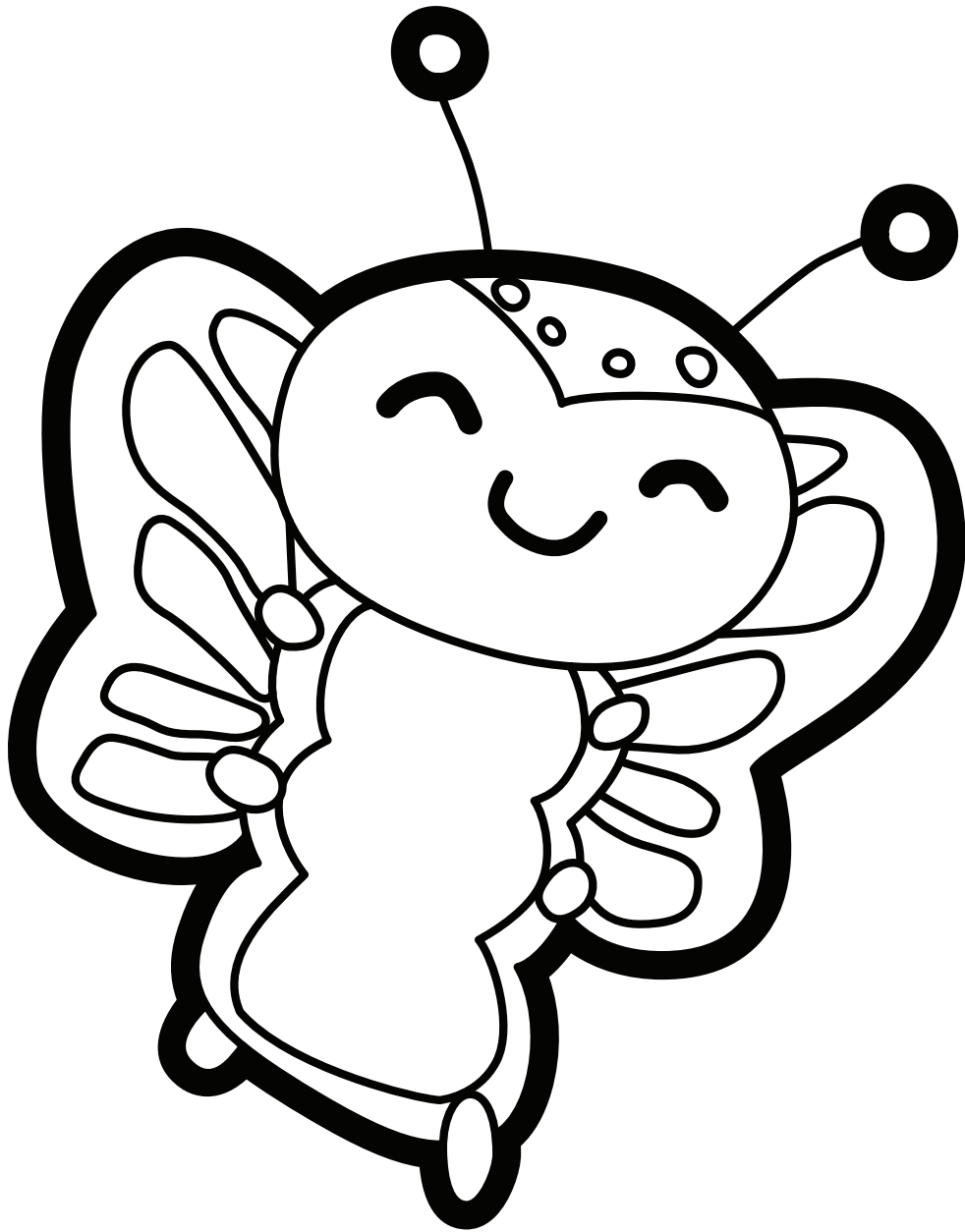


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MEET BUG!

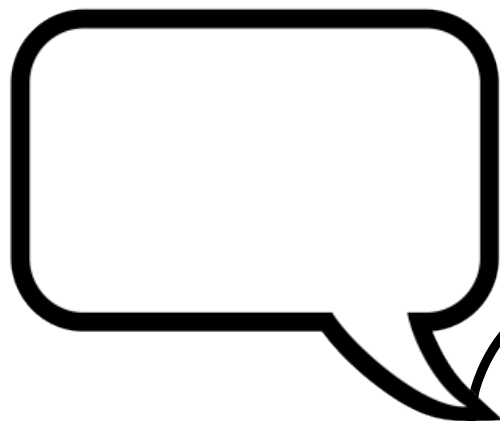
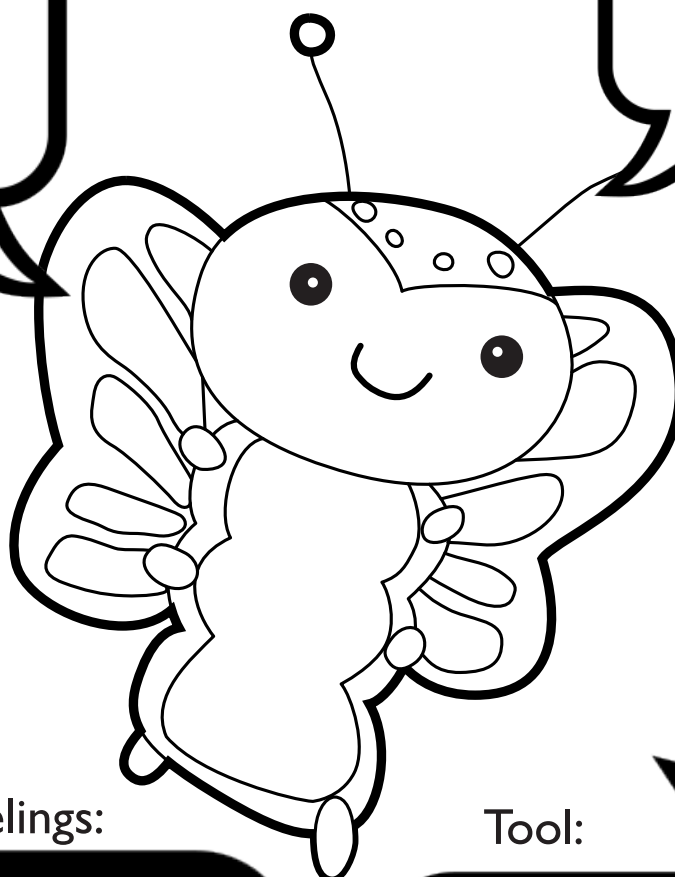


Kimochis® Bug

Name: _____

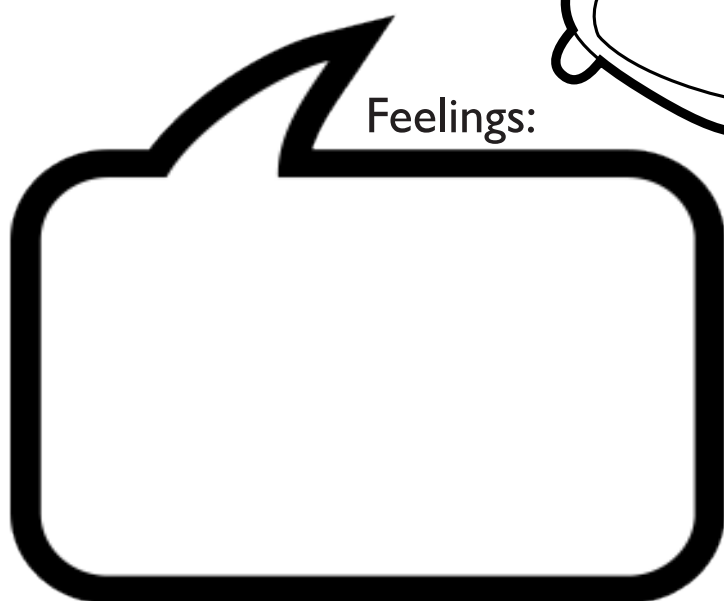
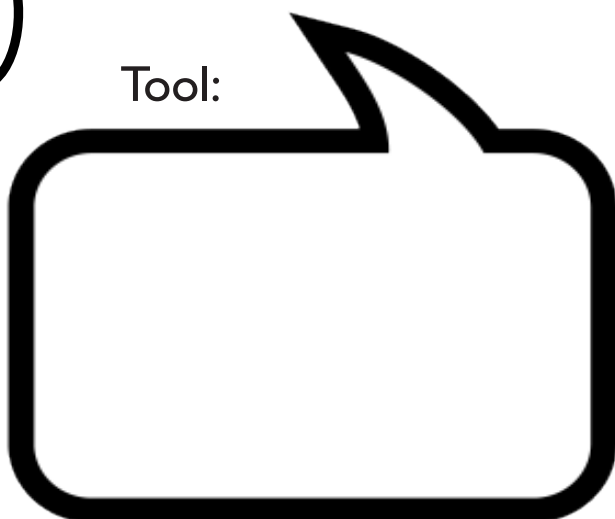
Favorite Color:

Favorite Number:

A large, empty speech bubble with a thick black outline, intended for writing the favorite color.A large, empty speech bubble with a thick black outline, intended for writing the favorite number.

Feelings:

Tool:

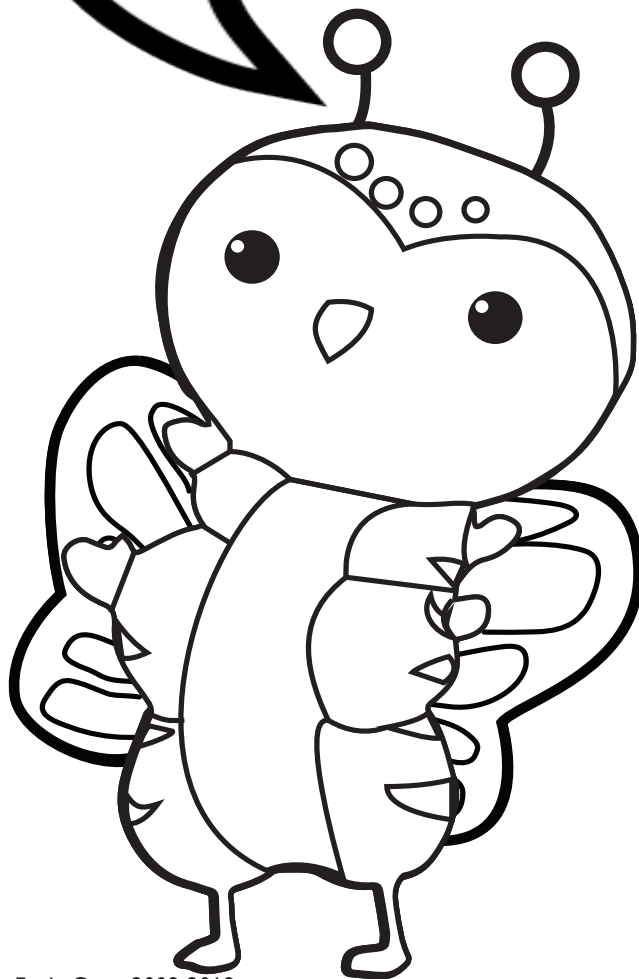
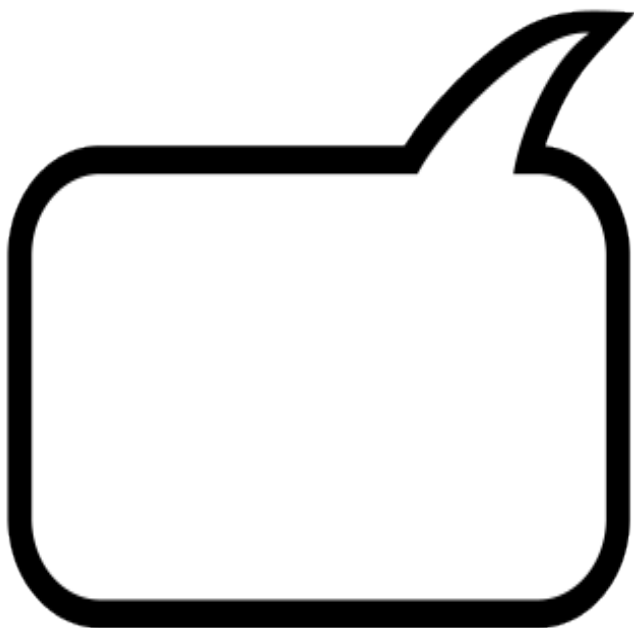
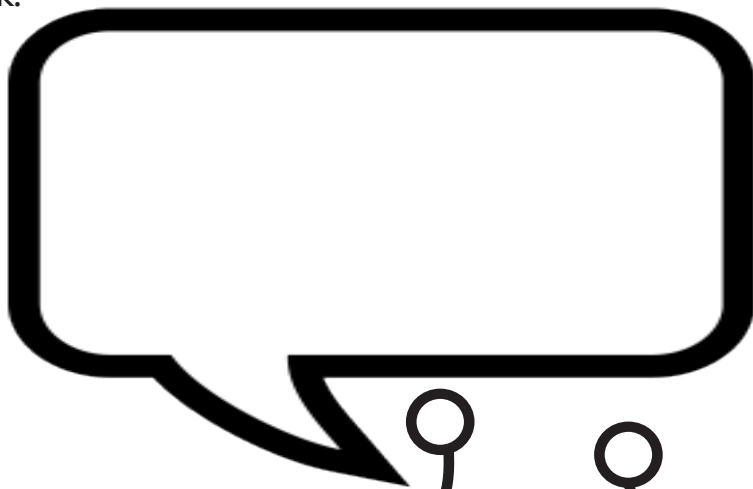
A large, empty speech bubble with a thick black outline, intended for writing feelings.A large, empty speech bubble with a thick black outline, intended for writing a tool.

Kimochis® Bug

Name: _____

What worries you?

Write some examples of positive self-talk.





Homelink: Week 1

Theme: A School Where Everyone is Known By Name

Why this skill is important: A school where everyone uses names is a welcoming place to learn, play and grow in character. Hearing your name gives you a feeling of belonging and self-worth. Moreover, growing a feeling vocabulary and tools to regulate and better express feelings in kind and helpful ways promotes wellbeing and emotional intelligence.

Today we kicked-off our Kimochis lessons through playing with and exploring our new Kimochis feeling pillows to build not only vocabulary but awareness and interest in feelings in general. Your child is now more aware that happy, sad and mad are just the beginning of how many words there are to express emotions. It is helpful to say I feel frustrated or disappointed rather than always saying you feel mad. This feeling word provides vital and helpful information.

We also played name games to help all children get in the habit of calling each other by name and making that positive connection before you speak. Some names can be tricky to pronounce, and we want all our children to have their names pronounced correctly as it matters. *Everybody Matters. Everybody Counts. Everybody has feelings!*

Kimochis® Family Challenge: Inspire everyone in your family to make it a point to learn other's names and use it before beginning to speak. Introduce yourself to parents at school you have not met yet. It is easy to forget names; when you do, "fess up" and admit when you have forgotten their name (this makes it easy for others to tell you they've forgotten your name!) We would like everyone on our school campus to know that they are recognized by name and that their presence is important.

Most people are moving more quickly than is helpful when communicating, so taking the time to call someone's name, wait for eye contact and then speak is a super helpful habit that will build strong connections. Also, consider making a "feeling word list" in your home to see how many feeling words your family can list over the course of the school year. Feelings can be fun and are helpful to create strong, compassionate and connected kids and families!