



# MAD



KOTOWAZA

It's okay to be mad,  
but it's not okay to be mean.





# ENOJADO

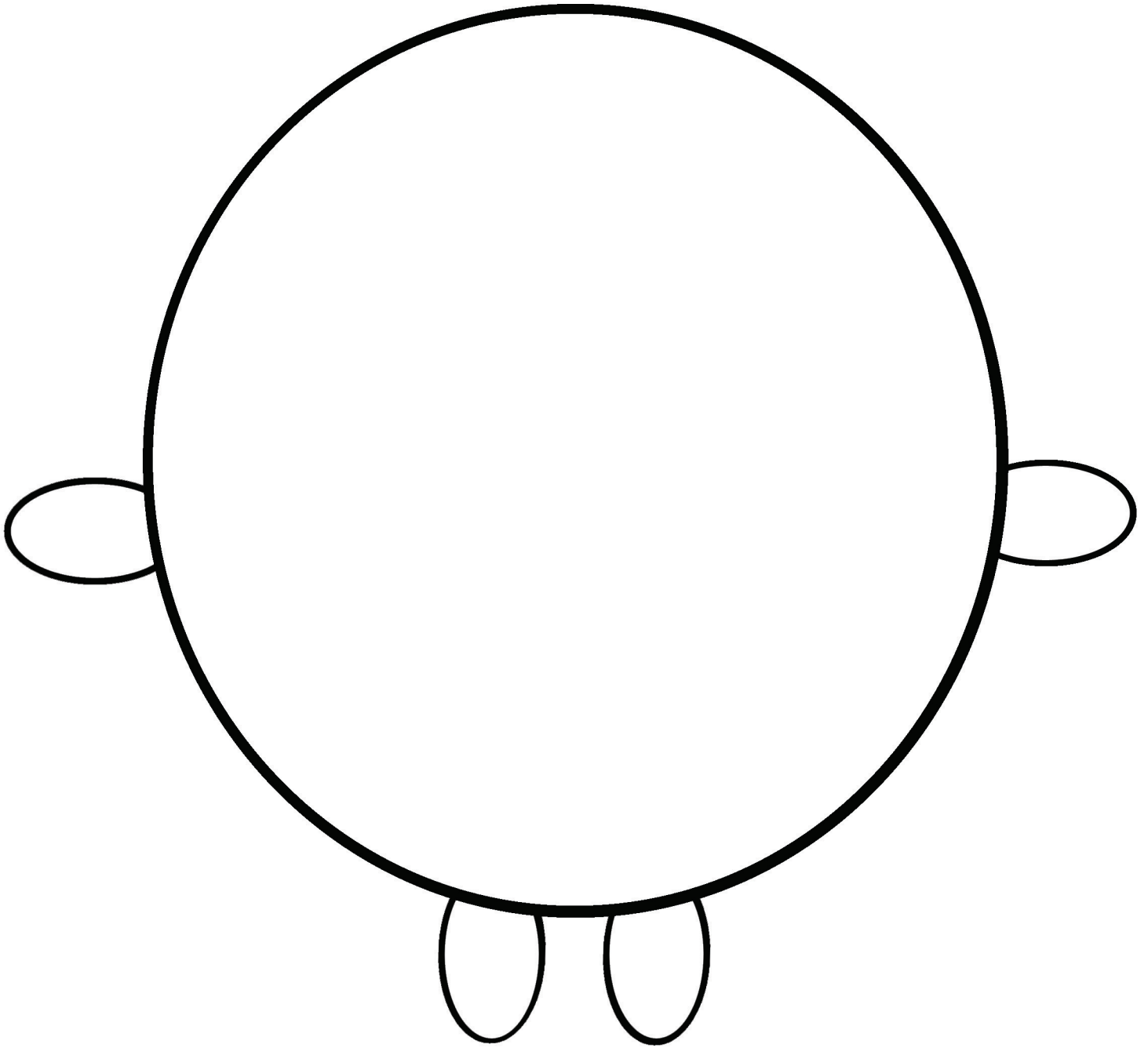


KOTOWAZA

Está bien sentirse enojado,  
pero no está bien ser malo.



**MAD**





## Homelink: Week 15

Theme: Mad feeling #1: Cooling Down

**Why this skill is important:** When students know that it is okay to be mad, but it is never okay to be mean with your tone of voice, face, or body language, a climate of calmness and respect will be created. Children also need concrete strategies to calm down their upset feelings. Children will understand how using Cool Down strategies can help to express mad feelings in positive and safe ways.

This week, we talked about the Mad feeling and the Kimochis® Kotowaza: *It's okay to be mad, but it is not okay to be mean*. This Kotowaza helps children to understand that it is acceptable to have mad feelings (all humans experience them) however, it is not okay for anyone to express those feelings by being hurtful or unkind to others. We all know how easy it is to use our eyes, face, voice, body language, words, and actions in unkind ways to express our mad feelings. Your child learned several communication tools to express mad feelings in a way that is not hurtful to others. One tool was to use a “cool down strategy” such as taking several deep breaths before speaking. Each student chose the cool down strategy that they felt would work best for them. Ask your child to share their cool down strategy and acknowledge your child when you see them using it effectively. Another tool was to use “positive self-talk” to help upsetting thoughts get smaller and calmer (“This isn’t so bad. I can handle this.”). Ask your child what positive self-talk words they might be using as a way to cope with mad feelings.

**Kimochis® Family Challenge:** Ask each family member to identify one situation that can make them feel really mad. For example, “When I say it is dinner time and no one comes to eat, and I have to repeat myself, I feel really mad.” Take the Cool Down Challenge and commit to using a deep breath or other cool down strategy the next time you find yourself in this maddening moment. Check in at family mealtime on how this is working for everyone and see if anyone has discovered other ways to cool down mad feelings so you can communicate in a way you won’t regret.