



# MAD



KOTOWAZA

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





# ENOJADO

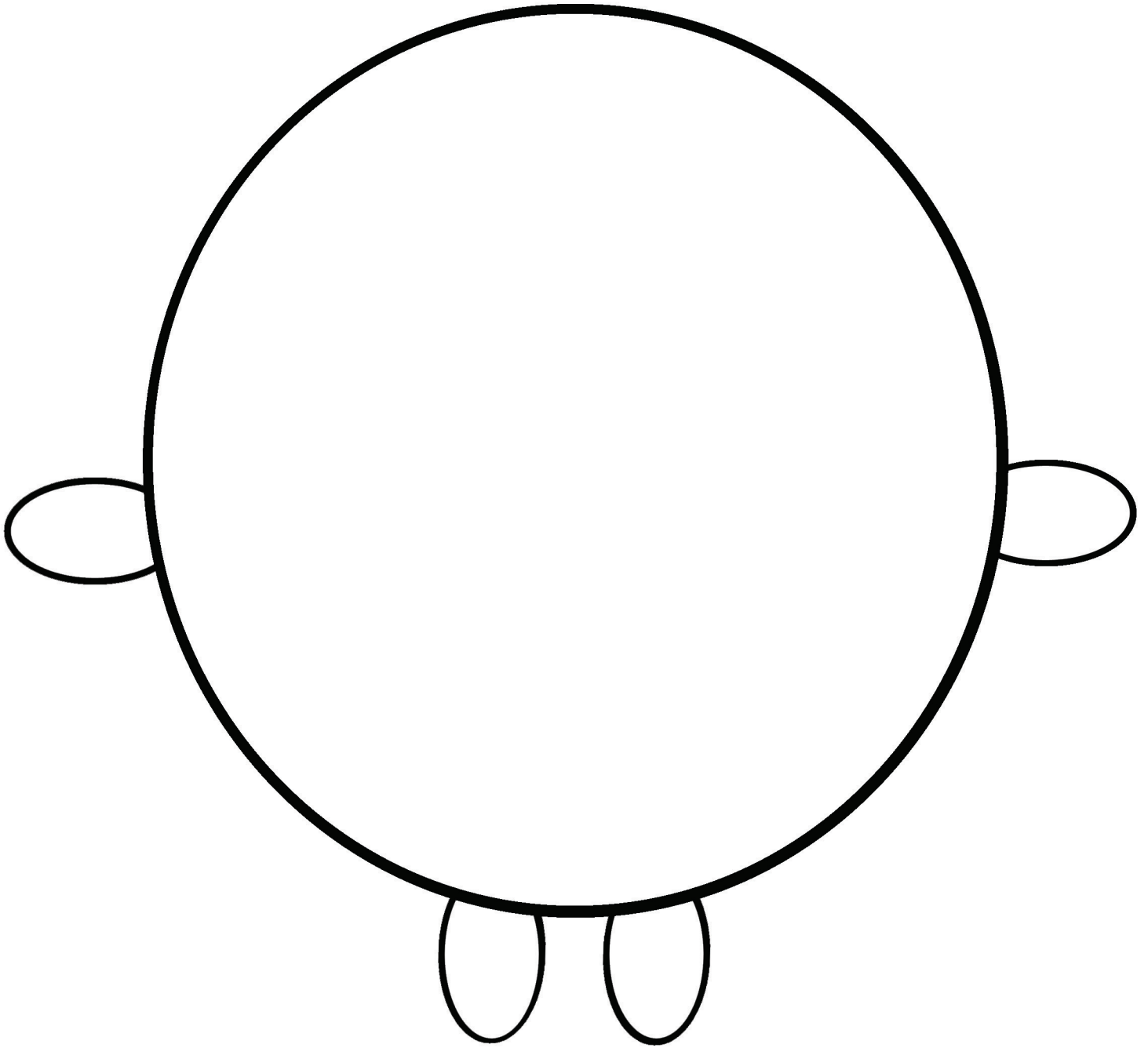


KOTOWAZA

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



**MAD**





## Homelink: Week 16

Theme: Mad feeling #2: Big Mean Things That Are Not True

**Why this skill is important:** When we feel mad sometimes we can say hurtful things that aren't really true. These hurtful words are Big Mean Things That Aren't True. However, instead of getting upset students can ask with a Talking Voice and Face, "Are you mad at me?". Children will understand how important it is to use compassion and kindness when upset and avoid saying Big Mean Things That Aren't True.

In our Kimochis® lessons students are continuing to learn about how to understand and express mad feelings without being hurtful or mean. This week your child learned that when people get really, really mad they sometimes say Big Mean Things That Aren't True. These are words such as: "You're not my friend anymore!", "I'm never playing with you again!", or "You're not coming to my birthday party!". We talked about how these words hurt others, but they really are not true. Your child understands that sometimes others can say hurtful things but rather than getting upset they can compassionately ask with a gentle voice and face, "Are you mad at me?". Responding peacefully to hurtful words moves the conversation into a helpful mode, so that upset feelings and conflicts can be resolved.

This week the children practiced using a Talking Voice and Face, and saying, "Remember, we share" or "Remember, we take turns" to classmates who might forget. You can prompt your child to use the same words (with a Talking Voice and Face) to siblings at home.

**Kimochis® Family Challenge:** Invite family members to bravely admit to habits they have that are hurtful. Take turns naming words that are commonly used that are hurtful and not helpful when feeling mad or upset. Decide as a family to NOT use these words. Agree that if you slip up, you will take it back by saying, "I'm sorry, I should not have said that. I am just really, really mad". Also, tell your child that when they use hurtful words you will say, "Try again." This means they can tell you why they are mad, just without the hurtful words. No questions asked and no lecture after your child bravely re-does the maddening moment. You may however want to give a hug, smile, or a pat on the back. Your child will KNOW what you are saying without even having to say a word!