



BRAVE



KOTOWAZA

Put your Brave in front.



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VALENTÍA

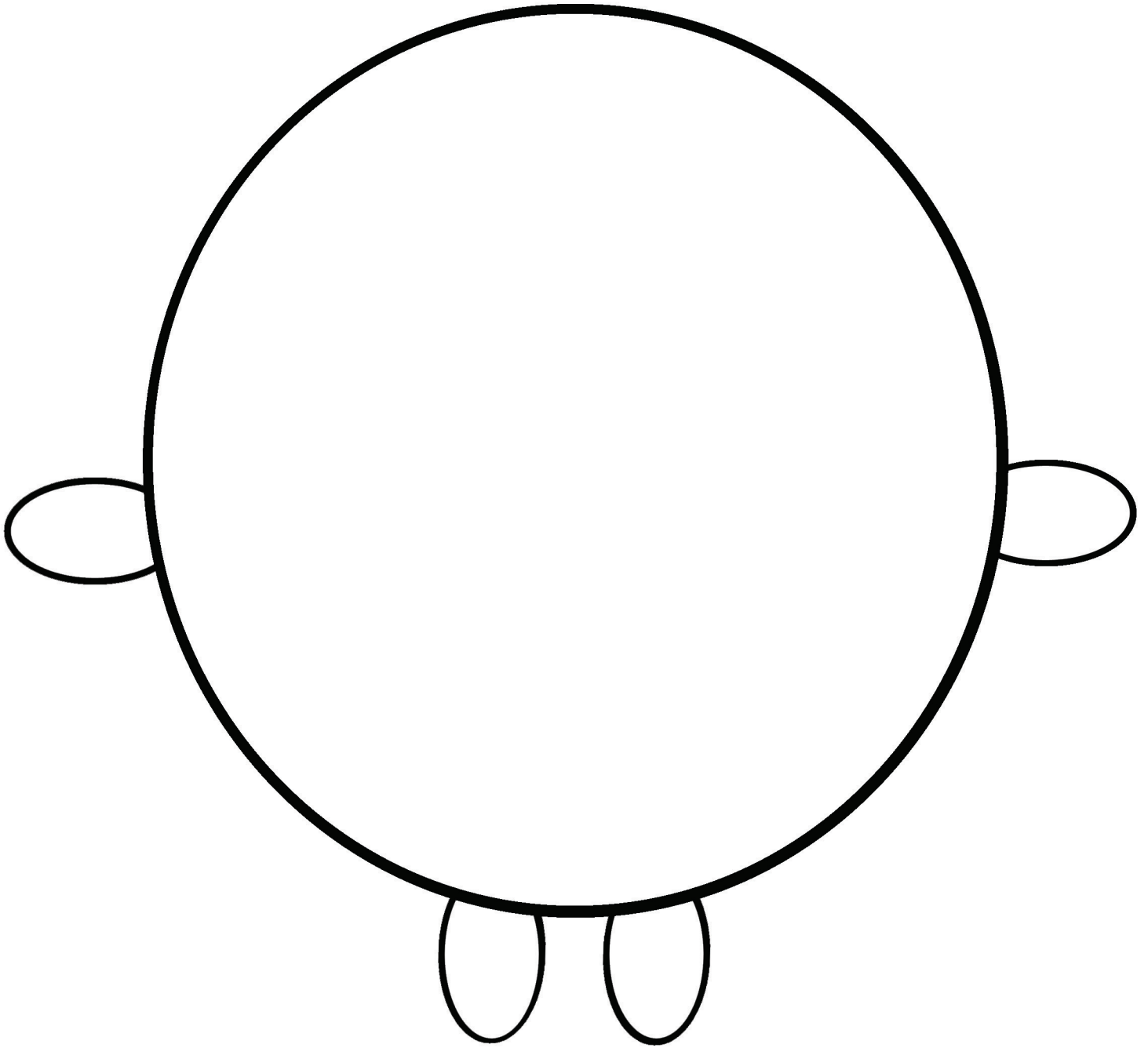


KOTOWAZA

Pon tu Valentia de primero.



BRAVE





Homelink: Week 18

Theme: Brave feeling #2: Saying Sorry To Make Things Better

Why this skill is important: Being brave is also about learning from your mistakes and apologizing when you hurt others' feelings. Learning how to own one's mistakes and apologize in a sincere, truthful way makes for happier, healthier relationships.

This week, your child learned more about Brave feelings and the Kimochis® Kotowaza: *Be brave enough to stand up and speak or brave enough to sit down and listen.* We talked about how being brave means you might feel shy, scared, embarrassed, or unsure, but you can get yourself to say and do what you know is right and best. We talked about how being brave is not a “superhero feeling”. Being brave is about owning mistakes that you made and apologizing when your mistakes hurt feelings or created problems for others. It is emotional to own up to mistakes and say sorry. We can feel afraid and think, “I will get in trouble,” or ashamed and think, “Now everyone knows I am not perfect,” or disappointed and think “I am so much better than how I acted.” Knowing how to make a sincere, heartfelt apology can help your child cope with those feelings. Kimochis says, “*Put your Brave in Front*” of the hard to have feelings and do what is right.

Kimochis® Family Challenge: Have a family discussion about the concept of regret and the value of being able to own your mistake and apologize. Take the lead in sharing a regret you may have and how you plan to make things right with someone in your life. Invite family members to do the same if they are ready. The most important part of this challenge is to have the discussion about being a person who has the courage and character to apologize. Then, make it a teachable moment when you owe an apology and find it challenging to give and you do it anyway. Recognize your child's courage and character when you witness them doing likewise in real life.