



SILLY



KOTOWAZA

Know when to be silly and
when to be serious.



CHISTOSO

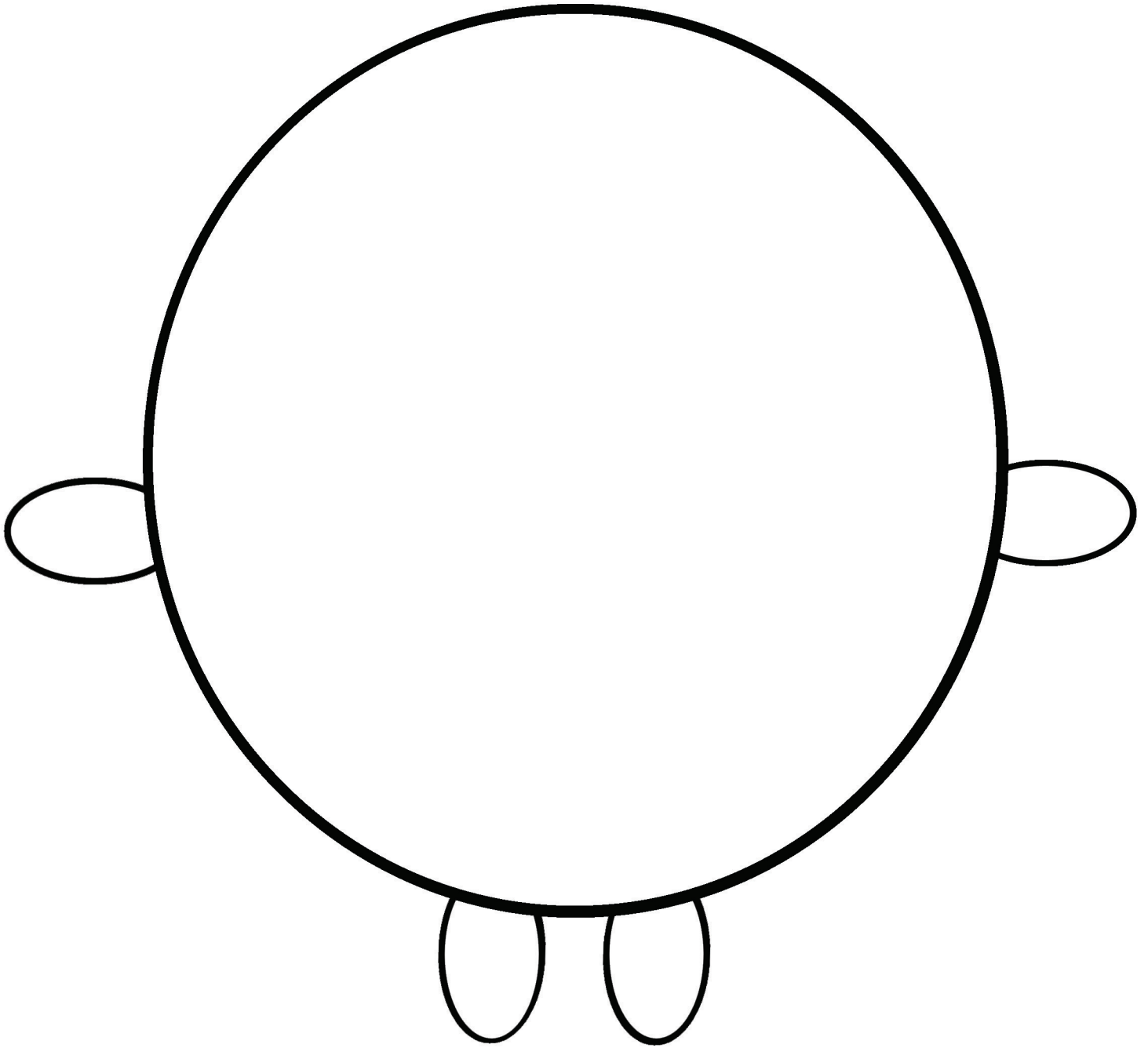


KOTOWAZA

Saber cuándo ser chistoso y
cuando ser serio.



SILLY





Homelink: Week 21

Theme: Silly feelings #2: Know When To Be Silly
And When To Be Serious

Why this skill is important: At school and at home there are times to be silly and times to be serious. Children learned to use self-control to bring their bodies and brains back when it is not time to be silly. Children will understand the connection between using self-control to monitor their bodies and brains and being a successful student.

This week we talked about how it can be difficult for some children to control their bodies and brains, and to stop being silly when it is time to be serious. So, another Kimochis® Kotowaza for the ***Silly feeling is: Know when to be silly and when to be serious.*** Many personalities enjoy making people laugh and will do things wrong on purpose or make jokes to be silly. However, children with this temperament need to develop the emotional control to know when to stop. Helping children to understand this Kotowaza will help them learn to monitor and inhibit their impulses to be silly when it is time to be more focused and serious. We used the words “self-control” which will prompt your child to “bring yourself back to focus and settle down.” You can use this prompt at home. Acknowledge your child when they can control their body and brain, and shift from silly to serious.

Kimochis® Family Challenge: Use the “Not Now” Signal when a family member does not read the cues that you are busy, and they interrupt. For example, when you are on the telephone or talking to someone else. The Not Now Signal is where you do not make eye contact with the interrupter and hold the “wait a minute” pointer finger up to the ear on the side of the interruption. Acknowledge your child when they respond to your Not Now Signal and likewise respond to your child’s use of the signal when you accidentally interrupt.