



# PROUD



KOTOWAZA

Proud of me...Proud of you.



# ORGULLO



KOTOWAZA

Orgullosos de mi...Orgullosos de ustedes.



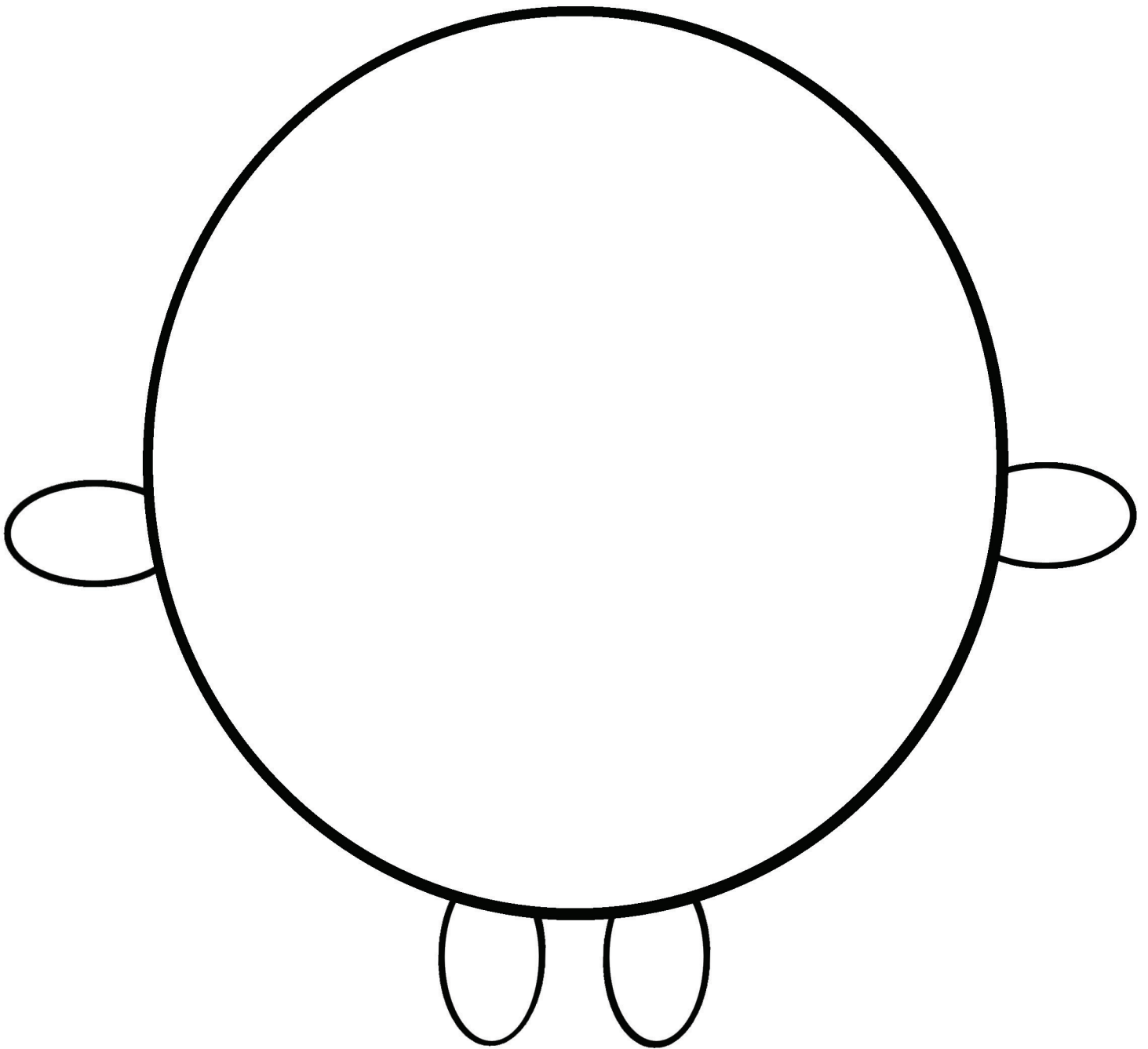
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# PROUD





## Homelink: Week 22

Theme: Proud feeling: I Am Happy For You And Happy For Me

**Why this skill is important:** When students have the ability to share pride without bragging, everyone feels encouraged to do their best, rather than having to be the best. The Kimochis® Way helps children feel proud of their accomplishments and celebrate successes for others.

Children will understand how important it is to use self-regulation tools to manage expressions of pride without bragging.

This week, your child learned about Proud feelings and the Kimochis® Kotowaza: *I am Happy for You and Happy for Me*. This saying can inspire and encourage your child to feel pride in themselves in addition to feeling proud of others. Young people, and even most adults, appreciate being recognized and acknowledged for their effort and accomplishments. This week our class studied pride and helped students reflect on reasons to feel proud of the way they are rather than for what they own or have. The discussions we are having at school and the ones you can have at home can help your child move away from sharing pride for a material object to the pride they begin to experience when being a good friend or trustworthy student. We also talked about the distinction between pride and bragging to help your child deliver pride in a way that might encourage others to celebrate with them.

**Kimochis® Family Challenge:** Look for ways to admire and congratulate others for their best effort, growth, and successes. Practice sharing pride in humble ways. Loop back at family mealtime to share your observations and experiences.