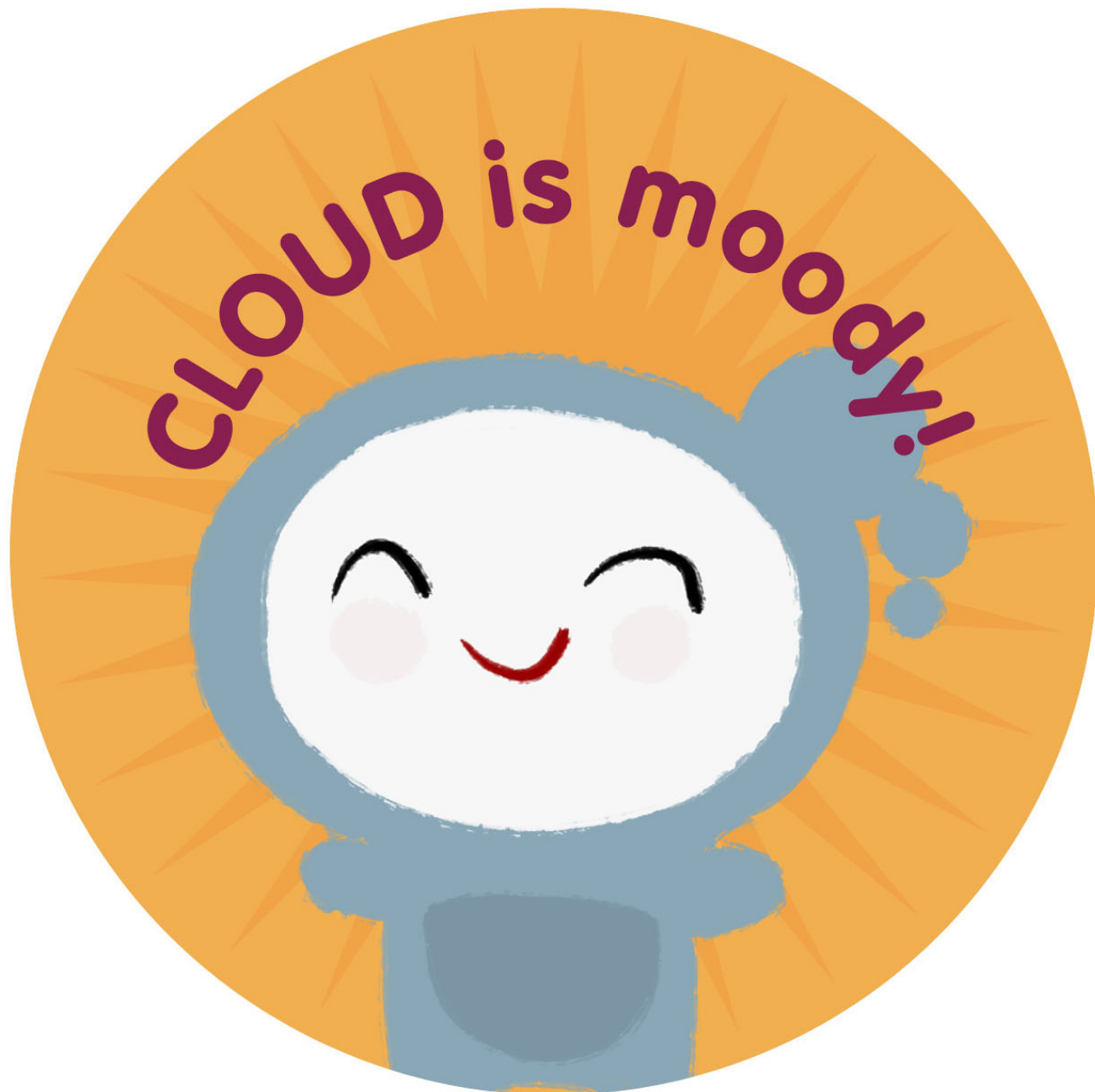


# Kimochis<sup>®</sup>

toys with feelings inside



**CLOUD** is a bit moody and unpredictable, just like the weather. When Cloud is happy, he spreads sunshine, but when you turn his head, his sad face signals that he might rain on your parade! Cloud's favorite number is 9. His favorite color is gray because there are so many shades of it—just like his personality.

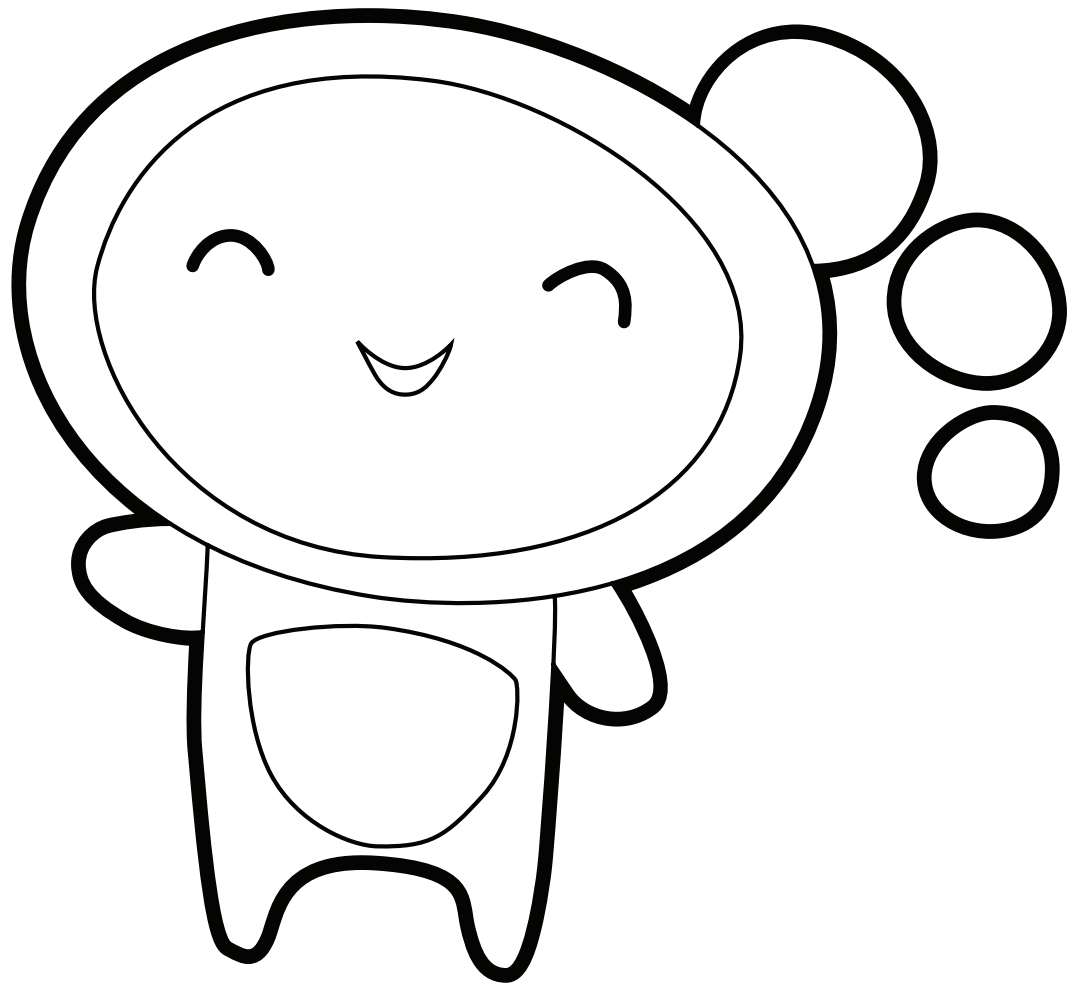


Kimochis<sup>®</sup>  
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## MEET CLOUD!

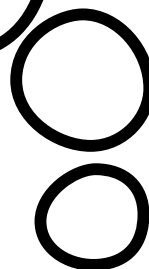

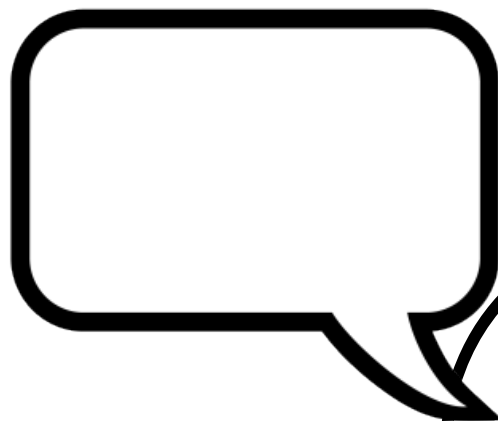


# Kimochis® Cloud

Name: \_\_\_\_\_

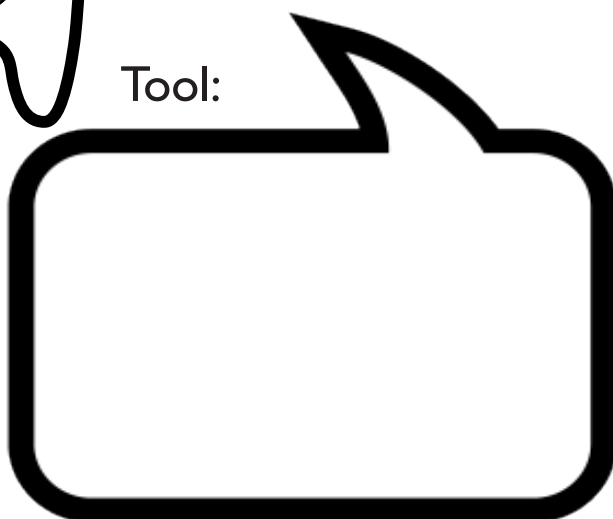
Favorite Color:

Favorite Number:



Feelings:

Tool:



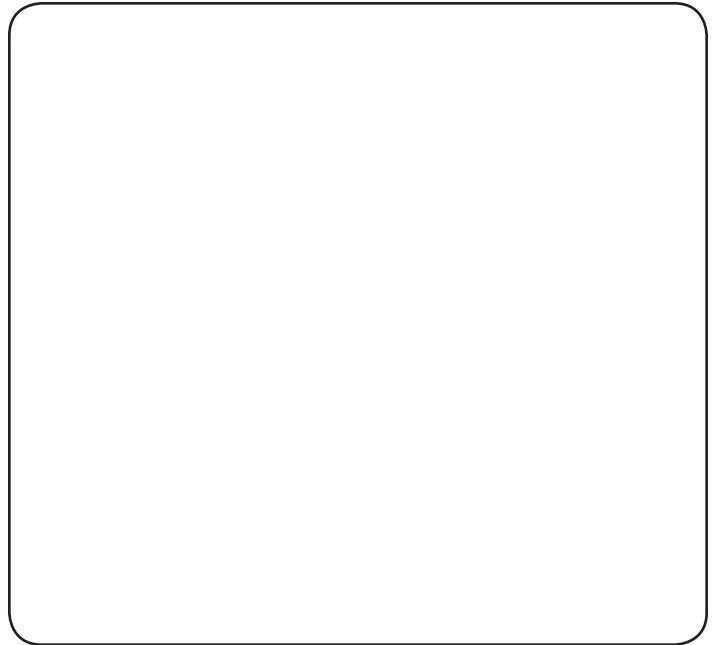
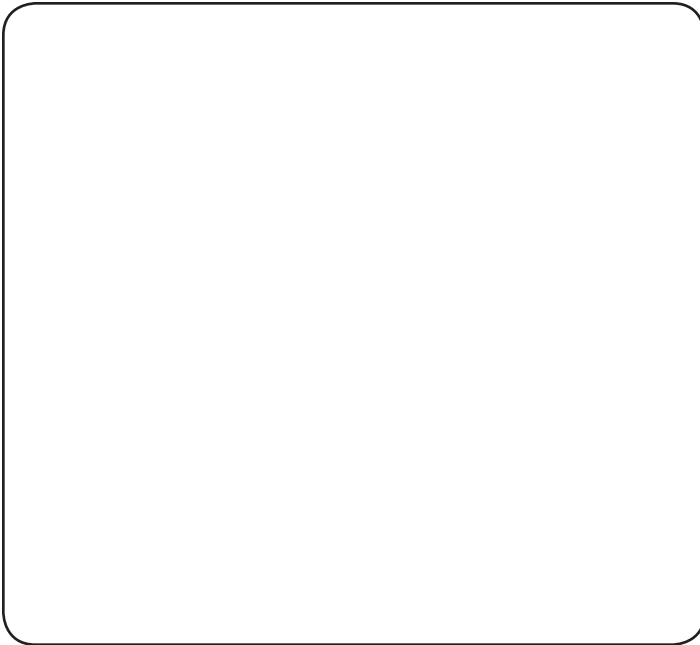
# Kimochis® Cloud

Name: \_\_\_\_\_

Draw a picture to show these tools in action.

1st: Smell the flower. Breathe in slowly through your nose.

2nd: Blow out the candle. Blow out slowly through your mouth.



Write or draw when you can take a calm-down breath.





## Homelink: Week 4

Theme: Seek to Include Everyone Not Just Your Close Friends  
And How to Find a Partner

**Why this skill is important:** A school where students seek to include everyone in play and conversation is a happy and emotionally safe place to be.

This week your child met Cloud. Cloud is our moody Kimochis character who can feel happy one minute and then sad or mad the next. Cloud helps everyone learn that it is okay to feel mad but it is never okay to be unkind or mean. In the coming weeks Cloud will teach your child many helpful communication tools. Today we focused on the importance of inclusion as no one wants to feel left out. Students in our upper grades learned tools to find partners, as it can be very emotional when you feel like you can't find a partner. We learned some helpful, "Kindness Partner Rules."

And even when we follow "Kindness Partner Rules," kind kids from kind homes will both get left out and accidentally leave others out. Kind kids will also leave others out on purpose as they will sometimes forget to be kind. Our school does not tolerate unkind or hurtful behavior, but we value these teachable moments where we can coach students on how to redo a moment when they have been unkind, and also support children in knowing what to do when unkindness is experienced or witnessed. This is a very long journey of learning that we invite you to join us as you are your child's first and primary teacher. Together we are better!

Please help us keep all our children and families feeling safe by not discussing others unkind behaviors. Your concern is our concern and we invite you to bring any concerning behavior to the school's attention as we can better teach children kinder ways of interacting if kids and families do not feel that others are labeling or speaking about them behind their back. We don't speak about other students' academic performance so we are hoping you will join us to not speak about others behavior unless of course you admire it!

**Kimochis® Family Challenge:** Seek to include others. Show your child how you get included too. Look for ways to connect with parents, teachers, and kids at school that you don't know well. Consider making a family challenge of talking to one new person each time you are on campus.