



Dear Families,

Welcome to an exciting school year! This year, we are implementing a new social-emotional learning and character education program—the Kimochis® early childhood curriculum. Kimochi means “feeling” in Japanese. The curriculum is based on research documenting that when instruction in building social, emotional, and behavioral skills is provided at a young age, there is a positive effect on how children problem-solve and interact with their peers later in life. Your child will learn how to recognize and manage emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations constructively. We will have fun and practical lessons each week that will teach your child these skills and more!

This program has three units that teach different skills. Each week, you will receive a letter (School-to-Home Connection) that outlines what your child was taught and how you can reinforce and extend the learning at home. We hope Kimochis® will be a great new addition to your family and will bring fun and fantastic feelings into your home!

During the first unit (weeks 1–5), your child will be introduced to the five Kimochis® Characters. Each Character has a different personality and temperament, just like all children! Each Character has a favorite food, number, and color. But most of all, they all have feelings that define their personalities and behavior. The Kimochis® Lessons will teach your child new emotional vocabulary and simple strategies to cope with challenging social moments. Attached please find the Glossary of Kimochis® vocabulary.

The next unit (weeks 6–10) focuses on the Kimochis® Keys to Communication. These keys lie at the heart of the program. They provide the communication tools to help your child learn how to listen openly, make good choices, be willing to speak in respectful and responsible ways, and be open to negotiating problems. Attached please find the Kimochis® Keys to Communication.

Our last unit (weeks 11–25) will focus on a variety of different feelings, with the emphasis on teaching your child how to manage and express these important feelings in positive ways. Your child will learn communication tools that can be used in elementary school and beyond.

We are very excited and hopeful about building a strong school-to-home connection this year. We are also eager to hear how your child is using positive communication skills and habits to express feelings and be compassionate toward others.

Sincerely,