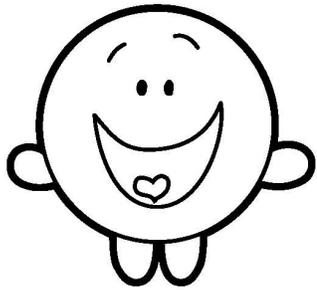
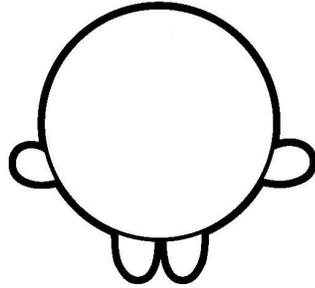


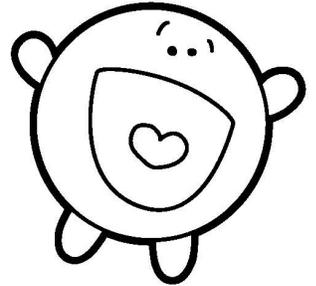
Kimochis®

MAKE KIMOCHIS SOUP!

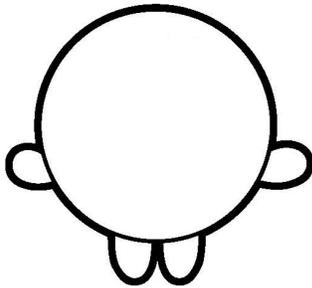


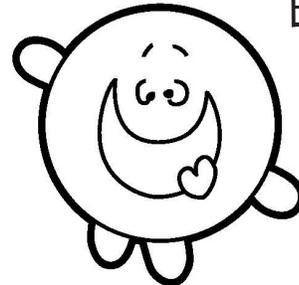
HAPPY



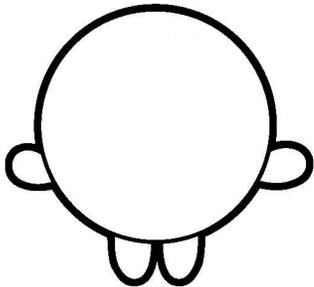


EXCITED





SILLY





www.kimochis.com

Kimochis®

Kimochis Soup for the Summer Educator Lesson

Wrap up your social-emotional Kimochis Lessons, with Kimochis Soup for the Summer! Set up students and their families for a summer full of positive feelings.

Plan, Materials, Set up:

- Plan your work stations: how many stations, how many students and materials at each station.
- Make two copies of the “Make Kimochis Soup” coloring sheet for each student. Place one copy per student at each work station. The other copy will be sent home.
- Gather crayons, scissors and glue—enough to share at each station.
- Materials needed for the Group Lesson:
 - Kimochis feeling pillows
 - Kimochis characters
 - Soup pot (Or put a soup bowl at each station!)
- Optional: Make your own Kimochis Soup for the Summer to show as an example.

After the Group Lesson:

- Place at least one Kimochis character at each work station.

Kimochis Soup for the Summer Group Lesson for Educators

- Introduce the lesson: *“Summer is almost here. Let’s make Kimochis Summer Soup!”*
- Invite your students to join you on the rug, sitting in a circle around the soup pot.
 - Sprinkle the Kimochis feeling pillows on the ground around the soup pot.
 - Ask students who have summer birthdays to please turn the Kimochis feeling pillows word side up.
- Ask students to look, making eye contact, at all the Kimochis feeling pillows.
 - Say, *“Think of one feeling you have enjoyed having this school year. When you have the feeling in mind, show me by quietly putting a hand on your heart.”* (Demonstrate and put your hand over your heart.)
- Ask students who wish to share the feeling they are thinking of, to raise their hand.
 - Invite the student volunteers to name the feeling they are thinking of, find that feeling pillow in the circle, and gently put it in the soup pot.
 - For children who do not want to share, invite them to simply place the feeling pillow into the pot.



- Once the soup pot is full of Kimochis Feelings, pass the Kimochis Soup around the circle for the students to “smell” and/or “stir.”
- Place the Kimochis Soup back in the middle of the circle.
- Demonstrate for students how to use a feeling to share a memory or a story of an experience during the school year. For example, pick up the Excited feeling pillow and say, “*I felt excited when our class chicks hatched in the spring.*”
- Ask for volunteers to pull a Kimochis Feeling out of the soup pot and share a memory or story of an experience during the school year.
- When a student shares, include and keep the attention of the other students by guiding the group, “*If you remember having this feeling, please show me that feeling on your face now.*” Make eye contact and silently nod as you observe your students faces. Then, ask if anyone wants to share another memory of having that feeling. Share memories you had too!

Transition to Work Stations

- Tell students they get to make their own Kimochis Summer Soup. Remind students to use Talking Faces and Voices and kind body language as they go to the work stations. Acknowledge students who follow the directions.
- Show your finished example, or hold up a blank worksheet and give students these instructions:
 - Color the Feelings they WANT to have this summer. They can create and label more feelings using the blank make-your-own feelings on the sheet.
 - Color the soup bowl and spoon and WRITE THEIR NAME on the soup bowl.
 - Cut out the Feelings and the soup bowl.
 - Glue their colored Kimochis Feelings to their soup bowl.
- Let students know you or others will be roaming around to offer support.
- When everyone is finished, invite students to share what feelings they put in their Kimochis Summer Soup. Ask them, “*When can you imagine having this feeling during the summer?*” Share some of the feelings you added to your Kimochis Summer Soup. Wish your students a summer filled with feelings that feel good inside their body. Remind students to use their Kimochis Communication Tools to manage upset or hard feelings that come up.
 - EXTENSION: Pass a Kimochis character to students who wish to share a Communication Tool they learned this year that they can use at home with their families during the summer.
- Tell students that you will be sending them home with another coloring sheet so they can make Kimochis Summer Soup at home with their family!



Kimochis®

Kimochis Soup for the Summer Family Activity

What a year! Your child has grown, and so have you. Take some time to remember the positive feelings and memories. Your child enjoyed making Kimochis Summer Soup at school. You can connect with your child on this activity by:

- Planning 5-10 minutes of focused time, and inviting your child to share their Kimochis Summer Soup with you!
- Trying to recall positive feelings you had this school year. For example, you could share your own feelings of pride watching your child learn new things. Did you feel happy seeing your child being a kind friend? Share that!

Make Kimochis Soup for the Summer

Each family has their own recipe for what makes them happy. Kimochis Soup for the Summer is a tool to help parents think with their children about what may help create positive feelings throughout the summer months.

Ingredients:

- Child (siblings welcome!)
- Parent/Caregiver (the more the merrier!)
- One “Make Kimochis Soup” activity sheet
- Crayons
- Scissors
- Glue
- A happy and positive attitude!
- Sprinkles of laughter and smiles!
- Time set aside that is not rushed.

As a family:

- Think about how you would like the summer to feel. Color the Feelings and use the blank make-your-own Feelings to create more feelings your family would like to have this summer.
- Color the soup bowl. Cut out the Feelings and glue them onto the bowl.
- Take turns sharing ideas about how you could increase these positive feelings during the summer. For example, “*How we have more fun and be happier?*” (go for walks after dinner, watch movies, enjoy a picnic, etc)
- Hang your Kimochis Family Summer Soup in a family space that is used frequently, such as in the kitchen or living room. This visual reminder will help your family create positive feelings and happy memories all summer long.

Happy Summer!

