

Kimochis®



We are EXCITED that you have joined the world of Kimochis®!

Promoting emotional intelligence and well-being in children is incredibly important. Creating a safe and playful environment where kids can explore their feelings is key to their emotional growth and resilience.

This card deck is intended to be used in smaller group settings in a play-based fashion. In order to create a space for students to feel safe when talking feelings (feelings CAN be messy after all!), we emphasize giving children the option to opt out if they are not comfortable sharing their feelings. This respect for their boundaries helps build trust and ensures they feel secure in expressing themselves when they are ready.

The most important thing on Kimochis® Way is to have fun! When children enjoy the process, they are more likely to engage actively and retain what they have learned. Thank you for helping our students become Kimochis® kids!

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Activity 1: Kimochis® Friends Connection

You will need: Character Cards

1. Lay out all the character cards on the table.
2. Invite your student(s) to join you for a game wherein we are going to make connections.
3. Then ask the following questions:
 - *Which character do you like best? Tell me a few things about this character that you like/admire? OR tell me which character you think is most like you. Facilitate discussion around their answers.*
 - *Which character do you find it challenging to be around? Why?*
 - *Think of someone you are close to (a friend, a family member, etc.) and tell me which character they seem most like.*
4. Conclude the activity with a group sharing session where students can discuss their reflections and insights. Encourage them to share which characters they feel they connect with and why.

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Activity 2: Kimochis® Game Show

You will need: Character Cards

1. Lay out all the character cards on the table
2. Invite your students to do a "Kimochis® Game Show." Say, "I am going to ask some questions/make statements about the Kimochis® Characters, and I would like you to touch/tap the character that it best fits."
3. For added fun, you can make a simple token system or point system to show their progress in the game show. (For example: "When we get to ten points, you get a 'prize.'")

You get to decide what the "end goal" is and what you think would be an "appropriate prize"

Possible Questions:

- Which friend teaches us friendly signals™? Lovey Dove™
- I show you how to take a calm-down breath™. Cloud™
- Who helps you put your "Brave in Front™?" Bug™

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Activity 3: Losing our Keys

You will need: Keys to Communication™ Cards

1. Hide the Keys to Communication™ Cards around the room. Give your student a clue as to where the key might be in the room.
2. When the student finds the “key,” Encourage your student to think about a time when they may have “lost” that key at school or at home. Then ask them to think about the following questions:
 - What happens when you forget to “get someone’s attention™?” (Key #1)
 - What happens when we lose our “talking voice™?” when a problem arises? (Key #2)
 - What happens when we don’t use a “talking face and body™” and instead using “fighting hands/face™?” (Key #3)
 - How do you think the other person might feel when we use hurtful words versus choosing words that are helpful? (Key #4)
 - What happens when we do give others the opportunity to try again? (Key #6)
 - How does not assuming the best intentions of others hurt/help you? (Key #7)
3. Circle back to the Key #5 Card: Redo Hurtful Moments™ and encourage discussion around how we can re-do each moment when we lose our key.

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Activity 4: Kimochis® Show with the Keys to Communication™

You will need: Keys to Communication™ Cards, Character Cards, OR Kimochis® Plushy Characters

1. Invite your student to do a Kimochis® show with you. Instruct your student to pick a Kimochis® character and you will get to pick a Kimochis® character. Then give the “Key 5: Redo Hurtful Moments™” card to your student and let them know, they will get to help the character redo the hurtful moment.
2. Lay out the Keys to Communication™ cards on the table and instruct your student to pick a Keys to Communication™ card which will be the title of our Kimochis® show.
 - Example: Our Kimochis® Show will be Called-When Cat™ Forgot to Use a Talking Face and Body™
3. You will then have your character simulate making an “unwise” choice demonstrating a loss of one of the keys. Invite your student to show the character how to re-do the mistake.

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Activity 5: Feeling Charades

You will need: Feeling Cards

1. Invite your students to play a game of "Feeling Charades." You will shuffle the feeling cards in and pass the feelings evenly between you and the other students.
2. Explain to your student that the objective is to guess the feeling on my face and body by showing what your feeling looks like on your face, body and what it sounds like.
3. Take turns with your student to guess and act out the feeling.
 - Example: Curious-tap your chin, look up and say "hmm"
4. When the student has guessed your feelings, expand their understanding and learning by encouraging them to tell you a feeling story at school with that feeling.

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Activity 6: Feeling Detective™ (in books/movies or videos)

You will need: Feeling Cards, Books, Optional: TV, Laptop, Tablet

1. Invite your student to be Feeling Detective™ while reading a book, watching a movie or short video.
 - You can watch age-appropriate videos, but some recommendations are Pixar shorts (especially the ones without the dialogue)
2. Hand your student the feeling cards and have them lay it out in front of them (you can limit the field of cards available to your student if needed)
3. Let them know that as you are reading the book or watching the movie/ video, that you will pause and ask them what feeling “they spy.”
4. Encourage discussion around why they “spy” that feeling and what clues they saw that help that determine that feeling.

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Activity 7: Kimochis® Bingo

You will need: Feeling Cards, Chips/Tokens

1. Create a 4X4 grid on table laying out the different feeling cards from the deck. You can increase the size of your grid depending on the student.
2. Call out scenarios or situations (e.g., *"You receive a compliment," "You see a puppy"*) and have students mark the emotion they would feel in that situation.
3. The first student to get a row (horizontal, vertical, or diagonal) of emotions calls out "Kimochis® Bingo!"

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Activity 8: Storytelling with Feelings

You will need: Feeling Cards, Optional: Kimochis® Characters Cards

Objective:

- To connect cause and effect with emotions by exploring how different situations lead to specific feelings.
 - To enhance students' emotional awareness and storytelling skills.
1. Provide students with a simple story outline or scenario (e.g., *"Bug™ is playing in the blocks area with Cloud™"*).
 2. Ask students to brainstorm and discuss how Bug™ might feel at different points in the story (e.g., Cat™ joins in without asking and starts telling Bug™ and Cloud™ how to build with the blocks ... Huggtopus™ sees the fun block structure and knocks down the structure. ...)
 3. Have students write or verbally narrate the story, emphasizing the emotions Bug™ experiences and the causes behind them.

Another variation:

1. Invite your students to lay out feeling cards in front of them and to choose the feelings they want to include a story you both will make up together.
2. Take turns sharing a part of the story using different feeling cards and get as silly and as outrageous as you would like
 - Example: *"Once upon a time, Cloud™ was getting lemonade from Bug™'s lemonade stand. Then, an excited Huggtopus™ eager to get their lemonade, cuts in front of Cloud™ ..."*

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Activity 9: Reflective Writing or Art with the Characters

You will need: Feeling Kimochis® Characters Cards, Paper/Construction Paper, Collage Materials, Crayons, Colored Pencils, or Markers

1. Ask students to individually reflect on or express their thoughts about which Kimochis® characters resonate with them the most.
2. They can write a journal entry, create a piece of artwork, or even write a short story featuring one of the characters.
3. Creating posters or collages that depict the various Kimochis® characters and their traits.
4. Conclude the activity with a group sharing session where students can discuss their reflections and insights. Encourage them to share which characters they feel they connect with and why.

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Activity 10: Kimochis® Feelings Sort

You will need: Feeling Cards, Paper Plates or 2 Pieces of Construction Paper (different colors preferably), Post-its

1. Lay out the 2 paper plates or pieces of paper and write a category on each plate/post it. Possible categories can include:

- Feelings I enjoy having/don't enjoy having
- Feelings I had today/ Feelings I didn't have today
- Feelings I want to have today/Feelings I don't want to have today
- Feelings that are easy-to-have/hard-to-have™

For added complexity, provide a context for these categories. For example, *"What are some feelings you enjoy/don't enjoy having when you're at recess?"*

2. Provide the deck of feeling cards to your students and ask them to sort the feelings accordingly. Encourage a dialogue between you and your student, sharing your personal connections to their input.

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Activity 11: Kimochis® Soup™

You will need: Feeling Cards, Basket/Pot, Optional: Spatula

1. Begin by inviting your student to make Kimochis® Soup™ at the table or on the rug.
2. Invite your students to help you make a special Kimochis® Soup™ and start with making a “soup” that contains mostly positive feelings like “birthday soup.” Have your students toss in all the feelings they may have about birthdays.
3. Facilitate discussion around the feelings they have put in the “pot” and why they put those feelings in the pot.
4. Encourage making a Kimochis® Soup™ on topics that typically occur at school.
5. **NOTE:** When it comes to soups containing mostly challenging feelings, like “My friend forgot to share and take turns Soup” and “Homework Soup,” it can be helpful to keep the activity more objective in the beginning. Use conditional and third-person language such as, “*What feelings might kids your age have at school when... (name the situation).*”

Here are some suggested soups for all ages:

- Friendship Soup
- Recess Soup
- First Day of School Soup
- Lunchtime Soup
- PE Soup
- I Want More Soup (feelings the students want more of)
- Soup I Don't Like (feelings the students want less of)