

Kimochis®

Welcome Week!

DAY 3:

Put Your Brave In Front™ at School

Leader Checklist:

Share a story of one of your personal fears or an instance of you being brave and overcoming it.

Share a story about a past or current student who was nervous or afraid and used bravery to overcome it.

Choose a book with bravery as a theme and read an excerpt from it.

- “Bug Makes a Splash” by Kimochis
- “I’m Not Scared Book” by Todd Parr
- “Mistakes are How I Learn” by Kiara Wilson
- “Facing Fears about Trying New Things” by Dawn Huebner
- “Drum Dream Girl” by Margarita Engle
- “Malala’s Magic Pencil” by Malala Yousafzai

Teacher Checklist:

Hang the Brave Kotowaza up in your Classroom. [\(Pg. 3\)](#)

Lesson:

I Was Brave Today [\(Pg. 210 in the Kimochis® Early Childhood Curriculum\)](#)

Objective: Students will manage reluctant feelings to practice new skills.

Materials: All Kimochis® Characters, Shy, Scared, Brave and Happy Feeling Pillows, Music, and a Whiteboard

Directions:

1. Brainstorm five “new” activities for the Kimochis® Characters to learn (build a tower, draw, do jumping jacks, sing, clap hands). Draw simple pictures on the whiteboard as a reminder.
2. Have the students stand in a circle. Place the Characters in the center. Turn on music and have the students walk in a circle. When the music stops they all sit.
3. Pull a name stick. Have this student stand, choose a Kimochis® Character, and select one activity from the “beginner list.” Help the student use the Character to pretend to do the activity as a beginner.
4. Ask the student, “*What feeling is [Character’s name] having?*” (Find that Feeling Pillow and put it in the pouch.) “*What is [Character’s name] saying inside their head so that they can practice being a beginner?*” Give self-talk statements to the student if needed: “I can do it!” “I can do hard things.™” “I’m not going to give up.”

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5. Say "When you are trying something new, you are practicing being a beginner. You might feel shy, scared, or brave. You can say positive things to yourself, just like your Kimochis® friends did."

Kimochis® Kid Checklist:

Have students complete the following statement:

- I was Brave at school when I...

Create Brave Badges ([Pg. 4](#)) or <https://www.kimochisway.com/kimochis-brave-badges/>





BRAVE



KOTOWAZA

PUT YOUR BRAVE IN FRONT.™

Kimochis®

Name: _____

