

Kimochis®

Welcome Week!



DAY 4:



Self-Regulation Method™ / Mindfulness Breath

Leader Checklist:

Teach your staff the Self-Regulation Method and practice the Calm-Down Breath™ with them.

Hang the Self-Regulation Method poster in the hallways and main entry to the school.

Model the Calm-Down Breath™ over the PA or push into a few classes to model or ask the students to model (after the teachers have taught it to the students).

Teacher Checklist:

Hang the Self-Regulation Method poster up in your Classroom. ([Pg. 3](#))

Lesson:

Cloud™ Calms Down Mad Feelings ([Pg. 56 in the Kimochis® Early Childhood Curriculum](#))

Objective: Students will use a calm-down strategy when feeling mad.

Materials: Cloud™ with Mad Feeling Pillow Tucked in the Pouch.

Directions:

1. Remind students that Cloud™ can be happy and sad. Say, "Cloud™ can get mad too." Turn Cloud's head.
2. Pull a name stick. That student pulls the Mad Feeling Pillow from Cloud's pouch. Show Cloud™ and the Mad Feeling Pillow.
 - Ask, "What is Cloud™ feeling? Stand up or raise a hand if you have ever felt mad." (Students stay standing or keeping their hands raised.)
 - Say, "Cloud™ feels mad when someone takes their toy."
 - "Everyone, show me your mad face. Look at all the mad faces."
 - "Everyone, show me your mad feet, mad hands, mad hair. Make a mad sound."
 - Ask students to sit down or lower their hands.
3. Ask, "Who can share a story with Cloud™ of a time you felt mad at school?" Use the prompt, "I felt mad when I..." The student can hold Cloud™ while sharing the story.
4. Tell students that when Cloud™ feels mad, Cloud™ has to remember to be kind. Ask, "What can you never do when you get mad [hit, yell, say hurtful words, etc.]? We all need to remember that It Is Okay To Be Mad, But It Is Not Okay To Be Mean.™"
5. Say (demonstrating with your body), "It is not okay for us to be mean with our eyes [show Fighting Eyes™], our voice [said in a Fighting Voice™], our hands [show punching hands], our feet [show kicking feet], or our words [use your fingers to 'shoot' words from your mouth]. Cloud™ will teach us a tool called the Calm-Down Breath™,

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which helps us feel better so we won't hurt others."

6. Demonstrate the Calm-Down Breath™. Hold your pointer finger under your nose. Say, "Smell the flower [breathe in through your nose]... and blow out the candle [blow out through your mouth]. Look, Cloud™ feels better already! Let's practice together."
7. Pull name sticks for students to practice the Calm-Down Breath™. Model so students can imitate.

Kimochis® Kid Checklist:

Practice the Calm-Down Breath™ with Cloud™.



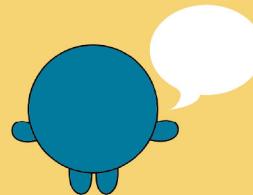


All Feelings Are Okay, All Behaviors Are Not™

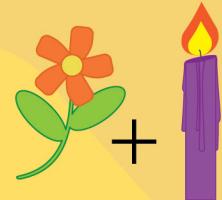
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Name It: Say or show the feeling word



Shrink It: Reduce the size of the feeling with a calm-down breath

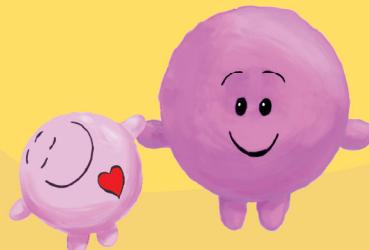


Smell the Flower,
Blow out the Candle

Redo it: Redo hurtful moments



Share it: Go to a trusted person for help



And Remember...

You Can Be Mad, But You Can't Be Mean™

