

Kimochis®

Welcome Week!



Curate a Welcoming
Back-to-School for Everyone



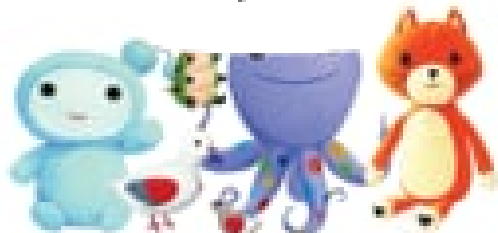
Hi Friend,

Join in on the new school year fun with Kimochis® Welcome Week.

We want your back-to-school experience to be a welcoming one for all!

- Curating a welcoming back-to-school experience for everyone.
- Digestible activities to start the school year.
- Easy to implement strategies for school leaders and staff.
- Ways to keep the welcoming feelings going all year long.

Kimochis®



Click the button below and visit the **Welcome Week** page to get started!

Kimochis® Welcome Week
Get Started [HERE](#)



What Kimochis® Users are Saying...



Grateful feelings to Danielle Neubauer for the kind Kimochis words.

We want to hear **YOUR** voice.

Click the button below to leave a testimonial and share the Kimochis magic!

Share your Kimochis® Experience
[HERE](#)



Kimochis® Free Resource Drop

Back to school can bring on many feelings for our students, some easier for the body to have than others.

Use the [Kimochis® Purpose of Feelings](#) to help translate what our bodies are telling us.



Feeling	Kotowaza and Purpose of Feeling
 BRAVE	PUT YOUR BRAVE IN FRONT.™ BRAVE helps us face fears and take action in challenging situations. Being brave allows us to confront difficulties, pursue our goals despite risks, and overcome obstacles, fostering personal growth and resilience.
 CRANKY	WHEN THINGS DON'T GO YOUR WAY REMEMBER BE KIND AND REWIND.™ CRANKY signals that something is bothering us or isn't right. It helps us recognize and address issues, set boundaries, and express our needs or frustrations.
 CURIOUS	WHEN CURIOUS, BE SAFE AND KIND.™ CURIOUS drives us to explore, learn, and discover new things. Curiosity helps us grow, solve problems, and understand the world better.
 DISAPPOINTED	MAYBE NEXT TIME.™ DISAPPOINTED helps us understand when things don't go as planned. It guides us to reflect, learn from our experiences, and adjust our expectations or actions for the future.

Kimochis® Purpose of Feelings

Download [HERE](#)



Upcoming Events & Trainings

Looking to get started or advance your Kimochis® knowledge?
Check out our regularly scheduled **Workshop** options and **Leadership Webinars** below.



Kimochis® Leadership Webinars

This month's topic: Creating a Welcoming Environment

- Best practices for a successful school year.
- Engaging discussion.
- Helpful insight and ideas to take with you and apply.
- Open minded leadership strategies.

Next **Leadership Webinar:**

**-Wednesday August 13, 11am
PST/2pm EST**

Kimochis® Leadership Webinar
Register Here



Kimochis® Tool Kit Activator Events

- Great for new Tool Kit users & for those looking for a refresher.
- Hosted monthly by the Kimochis® Team.
- Complimentary 45min. live-virtual session.
- Can't make it? No worries. Always recorded.

Next **TKA** Session:

**-Thursday August 21, 12pm PST/3pm
EST**

**-Thursday September 18, 12pm
PST/3pm EST**

Tool Kit Activator Events™

Register Here



Kimochis® Workshops

Early Childhood & Elementary

- Great for new Tool Kit users & for those looking to expand on their Kimochis® usage.
- Hosted by one of our Kimochis® Trainers.
- 2-Day, live-virtual workshop (3hrs/day).

**Next Early Childhood Session: Thu.-
Fri. Oct. 2-3, 2025 9am-12pm
PST/12pm- 3pm EST**

**Next Elementary Session: Thu-Fri.
Oct. 23-24, 2025 9am-12pm
PST/12pm- 3pm EST**



Kimochis® Workshops

Mental Health & Mindfulness

- Great for those using a Mixed Bag of Feelings or experienced Tool Kit users looking to expand on their Kimochis® usage.
- Hosted by one of our Kimochis® Trainers.
- 1 and 2-Day options available, live-virtual.

**Next Mental Health Bag of Feelings
1-Day Session: Thu. Sept. 4, 2025
9am-12pm PST/12pm- 3pm EST**

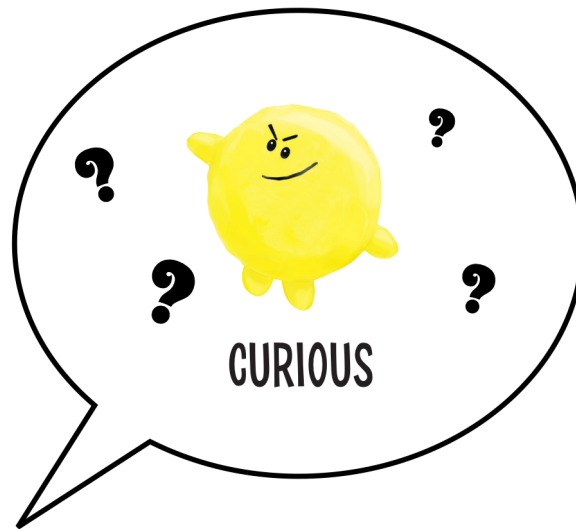
Next Mental Health Bag of Feelings
PLUS Tool Kit 2-Day Session: Thu.-Fri.
Sept. 4-5, 2025 9am-12pm
PST/12pm- 3pm EST

Next Mindfulness Session: Tue. Sept.
16, 2025 3:15pm-5:15pm
PST/6:15pm- 8:15pm EST

Kimochis® Workshops™
[Register Here](#)



Looking for Past Tools and Tips?



[Visit the Kimochis® Newsletter Archive](#)



All the best feelings,

Team Kimochis

www.kimochis.com



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