

Kimochis®



Hi Friend,

This is your friendly reminder that feelings come and go just like the weather. Caring for your students, classrooms, school environments and everything in between can make it difficult to fully care for yourself.

YOU are doing great.

Don't let a busy day or running task list **RAIN** on your parade. With Kimochis practices, kiddos learn exactly that. We can acknowledge how we feel and choose how we'd like to feel next.

So let's choose to embrace **ALL** our feelings and practice how to manage behaviors that might come with them together.



We're excited to share that Kimochis will be hosting a week full of all things **KINDNESS**.

Join Kimochis' Ed. Director Eileen Cristobal-Rodriguez in spreading a little kindness that can go a long way!

Why? Because this time of year can prove to be very challenging as school comes to a close. We could all use the reminder to "**Take the Time to be KIND.**"

When? The week of **April 21st-April 27th, 2025**

What to Expect...

- Video segments.
- Activities for you and your crew.

- A take on Kindness that sticks with you and your students all throughout the year.

A Word from Kimochis® Ed. Director, Eileen Cristobal-Rodriguez



Kindness Week Info Handout
[VIEW HERE](#)



Kimochis® Free Resource Drop

Print our Kimochis® Counselor Visit so all children may ask for help making those BIG feelings a little smaller.

Kimochis
YOU MATTER!

_____, can you please check on:

Me: _____

My Teacher: _____

I'm Feeling (circle):

 DISAPPOINTED	 EMBARRASSED	 FRUSTRATED	 GUILTY	 HURT	 JEALOUS
 LEFT OUT	 MAD	 SAD	 SCARED	 SENSITIVE	 UNCOMFORTABLE

About (check):
☐ School ☐ Home ☐ Friends ☐ Personal ☐ Other _____

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Kimochis Counselor Visit
DOWNLOAD HERE

Upcoming Events

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

Mystery Webinar!
We're feeling curious,
what do **YOU** want to
discuss?

Email Ned at
ned@kimochis.com
and share your topic
suggestion.



Kimochis® Leadership Webinars

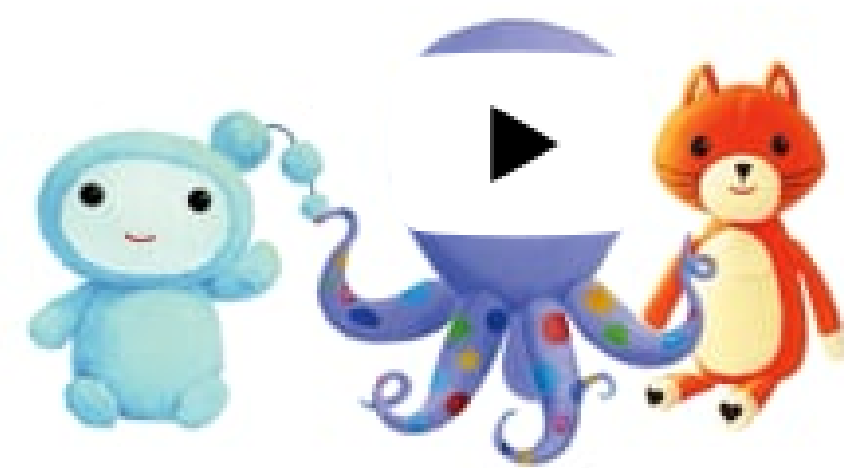
- Great for school leaders and those in leadership positions within education.
- Hosted regularly by Kimochis® CEO, Ned Kraft.
- Complimentary 30-60min. live-virtual sessions.

- Can't make it? No worries.
Always recorded.

Next Webinar Session: Mystery
Webinar! Your input beforehand will
decide the topic.

**Wednesday May 7th, 11am PST/2pm
EST**

A Word from Kimochis® CEO, Ned Kraft



Kimochis® Leadership Webinar
REGISTER HERE

Message Ned and leave a topic suggestion



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 April 24, 2025 12pm

PST/3pm EST

-Thursday May 22, 12pm PST/3pm

EST

Tool Kit Activator Events™ Register Here



Kimochis® Scheduled Trainings

- 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).
- \$300/person registration fee.

Next **Early Childhood** Session: **Mon.-Tue. Apr. 14-15, 2025 8:30am-11:30am PST/11:30am- 2:30 pm EST**

Next **Elementary** Session: **Thu.-Fri. Mar. 13-14, 2025 8:30am-11:30am PST/11:30am- 2:30 pm EST**

[Scheduled Trainings Register Here](#)



Will YOU be at MSHA this year?



YES I'll be at MSHA!

If you clicked **YES**, come show Kimochis some love and send our team a Friendly Signal!



Looking for Past Tools and Tips?



Visit the Kimochis® Newsletter Archive



All the best feelings,

Team Kimochis

www.kimochis.com



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