Kimochis®

building a school-to-home connection

HOMELINKS WEEK 1

Meet Lovey Dove

This week, the Kimochis® Character named Lovey Dove joined our classroom to teach your child about the feelings **proud, kind, and friendly**. Lovey is the Character who is sweet and nurturing. She is very wise and calm. She likes to cuddle and make everyone feel better when they are upset. But sometimes Lovey Dove worries.

Children who have a temperament like Lovey's can benefit from staying compassionate and learning to worry less. Lovey taught your child how important it is to greet people using their name and a **"Friendly Signal."** Friendly Signals are communication tools, such as a smile, wave, head nod, or saying hello. Being friendly is a rewarding habit that children can learn to develop and use throughout their lifetime.

See reverse for ways your entire family can learn from this week's lesson!

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Common Language

Eye contact: Looking at the eyes of others when listening and speaking
Friendly Signals: Using gestures and words to convey friendliness: eye contact, head nod, smile, wave, high five, pat on the back

Coach Friendly Signals During Daily Activities

- When you and your child are in new situations, decide that you both will make a point of making eye contact, smiling, and being friendly to people you don't know well. Afterward, talk about how people responded and how you felt about being friendly.
- Give your child a reminder: *"I see kids at the park we don't know. How about giving a Friendly Signal when your eyes meet?"*
- Acknowledge your child when he/she is friendly to others: *"Your smile and eye contact let people know you are friendly."*
- Share how you push yourself to be friendly in new situations: *"Today at school, I'm going to be friendly to a few parents I have not met yet."* Afterward, share your experience.
- You can also encourage eye contact by having your child "talk" to your eyes rather than saying, *"Look at me when we are talking."* You can prompt your child by saying, *"Tell Mommy's eyes what happened on the playground."*

Family Fun: Playful Ways to Practice

- **FIND THE FEELINGS.** Proud, kind, and friendly are this week's feelings. Build your child's emotional vocabulary and awareness by:
  - Noticing facial expressions and sounds that match these feelings. *"Dad's face is saying he is feeling proud of your generosity." "That salesperson was friendly with her cheerful voice."*
  - Talk about when you have these feelings and how to express them. *"I like to do kind things and not tell anyone. Today, I took in Mr. Tobin's garbage can. I bet he will feel happy."*
- **SHARE PRIDE FOR WHAT YOU VALUE.** Share your pride when you observe your child being generous, respectful, responsible, fair, compassionate, patient, kind, resilient, creative.
- **CREATE A FRIENDLY SIGNALS WEEK.** Decide as a family to pay attention to friendliness this week. At meals, bedtime, or when in the car, talk about people who have a "way" of being friendly. How does it feel to be around this person?

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