Kimochis®

building a school-to-home connection

HOMELINKS WEEK 2

Meet Cloud

This week, the Kimochis® Character named Cloud joined our classroom to teach your child about the feelings **happy, sad, and mad.** Cloud is the Kimochis® Character who can be moody, so sometimes it is hard for him to get along with his friends. When Cloud is happy, he spreads sunshine everywhere, which makes everyone feel fantastic! But when Cloud feels mad or sad, he might snap or yell. Because he has a hard time controlling his anger, he might do things that hurt feelings, even though he doesn't mean to. Cloud helps children develop patience, tolerance, and understanding for friends who are still learning how to express upset feelings in positive, healthy ways.

Children who have a temperament like Cloud's can benefit from learning how to manage upset feelings. This week, your child learned to do the **"calm-down breath"**: Put your finger to your nose and say, "Smell a flower [breathe in through nose] and blow out the candle [blow out through mouth]." This can help upset feelings get smaller and raise the odds that your child will speak and act in ways that will communicate anger without being hurtful.

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

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Common Language

Calm-down breath: Strategy of taking a deep breath to calm feelings before speaking or acting

Coach the Calm-Down Breath During Daily Activities

- Remind your child to take a calm-down breath when needed. *"Stephen, let's take a calm-down breath."* (Take one yourself so you are doing this together.)
- Model and tell your child when you need to take a calm-down breath. *"Daddy is going to take a calm-down breath so I can make sure I can talk calmly because I feel mad."*
- Acknowledge when you see your child use a calm-down breath. *"Did you take a calm-down breath? I notice you are feeling mad, and you are talking to me so calmly!"*

Family Fun: Playful Ways to Practice

- **BLOW OUT THE CANDLES.** Children love blowing out birthday candles. This is the same action as using the calm-down breath. For fun, light as many candles as you can find, or bake a cake and add many candles. Take turns with your family using your calm-down breath to blow out the candles!
- **MARCHING MADNESS.** With your family, describe things that can make you feel mad. Show your child how you can use your body in positive ways to shift the madness to a smaller place. March in place and say, *"I feel so mad because …"* (name something that can make you mad). Let your child march out madness by imitating your marching model.
- **BASKET OF COMFORT.** Talk to your child about sad feelings. Explain that everybody feels sad sometimes, so we need to learn ways to soothe or comfort those sad feelings. Share what you say and do to feel comforted when you feel sad. Ask your child to describe what he/she does. Use a basket to collect things from around your home that might comfort feelings of sadness. Some suggestions: happy pictures, bandages, comfort toys, a favorite storybook, a stuffed animal, music. Now you have this "go to" basket of comfort next time your child needs soothing and comfort for sad feelings.

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