Kimochis®

building a school-to-home connection

HOMELINKS WEEK 4

Meet Bug

This week, the Kimochis® Character named Bug joined our classroom to teach children about the feelings **left out, shy, brave, and scared**. Bug is the Kimochis® Character who is thoughtful and very careful. He is very smart and loves to talk. But Bug is afraid of change, and because he is a caterpillar, this is hard for him. Although Bug is afraid, he secretly dreams of flying, but it is hard for him to try new things.

Children who have a temperament like Bug's, benefit from learning how to be brave in order to manage shy and scared feelings and try new things. It is helpful to tell your child that bravery means you might feel afraid, shy, or unsure, but you can still get yourself to say and do something that is right or try something new. In our lesson, your child learned to use positive self-talk to help Bug take his wings out and fly. This self-talk tool will help your child manage emotions and develop confidence and resiliency.

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

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Common Language

Positive self-talk: Encouraging self-talk you use inside your head, such as: *"I think I can," "I have done hard things before," "I know I can do it"*

Coach Positive Self-Talk During Daily Activities

- Share your positive self-talk. *"I'm not giving up even though I am frustrated. I can do this."*
- Suggest positive self-talk when you see your child is reluctant to try something new. Whisper in his/her ear, *"Estelle, I know you can do it! Tell yourself, 'I can do it!' "*
- With your child, wonder aloud about times he/she used self-talk when challenged. *"I noticed you stuck with* [name the task or activity]. *What did you say inside your head to help?"*
- **Note:** Avoid labeling your child "shy" in front of others. Often parents will unintentionally say *"My child is shy"* because the parent may feel uncomfortable, concerned, or embarrassed when their child doesn't talk. Labeling does not feel good. It's more helpful to speak with close friends and family about the best ways you have found to talk to your child. For example, it can be helpful to make observations instead of asking a shy child questions: *"Tessa, it looks like you are enjoying that ice cream cone."*

Family Fun: Playful Ways to Practice

- **WHEN I WAS LITTLE.** Children love to hear stories about their parents' childhoods. Share stories about accomplishments that took perseverance and bravery. For example, *"When I was little, I wanted to learn how to roller-skate, but I was afraid. Every day I would …"* They also love to hear stories about themselves when they were little. Remind them of an accomplishment they achieved. Then have your child repeat this accomplishment by finishing this sentence, *"When I was little …"* This makes them feel older and accomplished.
- **SHY BUSTERS.** Talk about shy feelings as a family. Discuss signs that show someone might be feeling shy (looking down, pulling body away, not talking). Name some people who you think tend to feel shy. Share your own tips for shy moments. Complete the statement *"When I feel shy, I …"* Brain storm kind things you can say and do when you see someone who might be feeling shy. Challenge family members to say and do something to put this person at ease. Share your experiences.
- **I USED TO BE SCARED.** Play this game at dinner. Family members take turns finishing the sentence *"I used to be scared of …"* The next person repeats what was just said and adds their own statement. For example, *"Mom used to be scared of thunder. Dad used to be scared to swim. I used to be scared of the dark."* Very young children will need help. Give them the prompt, *"What was Mom scared of? What was Dad scared of?"* Keep the game going until the list of old fears is too long to remember! You can circle back to make it clear that no one is scared anymore. This game helps children begin to understand that feelings come and go, which fosters resiliency.

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