Kimochis®

building a school-to-home connection

HOMELINKS WEEK 5

Meet Cat

This week, the Kimochis® Character named Cat joined our classroom to teach children about the feelings **curious, cranky, and sorry.** Cat is the Kimochis® Character who knows what she wants, when she wants it, and why she wants it! When Cat makes up her mind, there is no stopping her. When the group needs a leader, Cat is always ready to help. She loves to be in charge, but she can be a little bit bossy. Cat may seem mean on the outside, but on the inside, she is very sweet. Cat has lots of bandages to help her redo times when she makes a mistake and hurts someone's feelings.

Children who have a temperament like Cat's can benefit from learning how to lead in strong, kind ways. They also need to practice following positive leaders, rather than always being the leader themselves. This week, your child learned how to say, **"Talk nicely"** when others forget and use bossy talk.

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

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Common Language

"Talk nicely": A child can say this to remind friends who are using bossy talk to talk in a friendlier way

Coach Talking Voice (in Self and Others) During Daily Activities

- Admire your child's positive leadership qualities. *"I can tell your friends are happy to use your ideas because you say them in such a friendly tone of voice."*
- Notice when you accidentally use an unnecessary tone of voice that could come across as bossy or cranky. *"I better start again. My voice is sounding a bit cranky."*
- Remind your child to use a talking tone when you hear him/her using one that has a bossy or demanding quality. *"Emily, why don't you say that again with your Talking Voice."*
- Coach your child to ask a sibling or peer to *"Talk nicely"* if they are being bossed around. *"You can tell your big brother to talk nicely."*

Family Fun: Playful Ways to Practice

- **CURIOUS HUNT.** Go for a walk around the neighborhood to notice things you haven't seen before. Talk about how curiosity leads to finding new things.
- **CRANKY BUSTERS.** Everybody gets in cranky or grumpy moods from time to time. Humor can help many people get out of this kind of mood more quickly. With your family, develop a fun plan to help a family member when they might feel cranky. For example, find a special hat that anyone can wear when they are feeling cranky. This will tell family members that they would appreciate patience and space.
- **FOLLOW THE LEADER.** Play this game with your entire family. Take turns giving everyone a chance to be the leader, requesting such simple directions as, *"Do jumping jacks."* Make it fun by paying attention to the leader's tone of voice. If someone gives a direction in a bossy or demanding voice, everyone gets to say in a kind, friendly voice, *"Talk nicely."* Then the leader says the direction again in a friendlier tone.

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