Kimochis®

building a school-to-home connection

# HOMELINKS WEEK 8

# Key 3

This week, your child learned the third Kimochis® Key to Communication: **Use a Talking Face and Body**. We practiced strategies for maintaining a positive facial expression and body language when experiencing upset emotions and conflicts instead of a mean or hurtful facial expression (Fighting Face) and body language. When your child can keep his/her face and body from looking aggressive or hurtful, others will be more willing to listen. Your child learned how to notice and read the facial expressions and body language of others as a way to understand the emotion behind the words. Your child also learned a **communication tool** called the **Talking Hand**. This is a positive and effective strategy your child can use to respond to peers or siblings when they grab.

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

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## Common Language

**Facial expression:** When eyes, mouth, and face posture show an emotion
**Body language:** All the body postures (head, face, arms, torso, legs) that show emotion
**Talking Face:** Relaxed eyes, brow, mouth that convey respect and self-control
**Fighting Face:** Pinched, mean, and scary face
**Talking Body:** Open and relaxed body that conveys respect and self-control
**Fighting Body:** Tense and tight body
**Talking Hand:** Put your hand out palm up; use your other hand to tap your open palm; wait patiently for the person to return object; say *"Thank you"* with eye contact when they do cooperate

## Coach Key 3 During Daily Activities

- Guide your children to pay attention to facial expressions and body language during the day. "*I see some Fighting Faces. Let's change them to Talking Faces.*" (Also guide the Talking Hand.)
- Point out your own or others' positive facial expressions: *"Look at Daddy's face"* or *"My face is saying I appreciate how patiently you play with your baby brother."*
- Practice the Talking Hand gesture before a playdate as a reminder.
- Acknowledge when your child displays positive values such as patience, generosity, and kindness by noticing and commenting on what these facial expressions look like. For example, *"Pablo, look at Jacob's face. His face is saying that he appreciates how kind you are to wait for him."*

## Family Fun: Playful Ways to Practice

- **FEELING FACES.** At mealtime, each family member shows a facial expression for others to guess what they are feeling. Whisper emotions in your child's ear if he/she can't think of one (sad, mad, happy, sleepy, excited, scared, silly, frustrated, loved).
- **SILENT SUPPER.** Create a no-talking-allowed dinner. Explain that every family member is to talk using only their face and body. This will force everyone to pay attention to facial expressions and body language. It will be playful and educational for your child. This often is a family favorite because grown-ups appreciate and need quiet from time-to-time!
- **I LOVE YOU SIGNAL.** Create a secret signal that silently tells family members, "I love you" (squeeze hands, hand on shoulder). This nonverbal tool gives children a way to feel comforted when they need reassurance or when you want to make a close connection during a busy time. This can also be used as a positive, non-verbal way to reassure your child when you say good-bye.

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