Kimochis®

building a school-to-home connection

HOMELINKS WEEK 18

Mad

This week, your child learned about feeling **mad** and the Kimochis® *kotowaza*—or Japanese proverb—that accompanies this emotion: **"It's okay to be mad, but it is not okay to be mean."** This kotowaza validates that it is acceptable to have angry or mad feelings (all humans experience them); however, it is not okay for anyone to express those feelings by being mean or unkind to others. We all know how easy it is to use our eyes, face, voice, body language, words, and actions to express anger. Your child learned a communication tool to express mad feelings in an effective way—namely, to use a Serious Face and Voice to help send a message that is strong and clear, but not hurtful. Your child will need guidance and patience to remember how to use these newfound tools when expressing intense feelings. See next page to review the key concepts: Serious Face and Voice.

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

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Common Language

Serious Voice: Slow, stretched speech that communicates that the message is important
Serious Face: Wide eyes and raised eyebrows that communicate that what is being said is important

Coach Managing Mad Feelings During Daily Activities

- Guide your child to use the calm-down breath: Put your finger to your nose and say, *"Smell a flower …"* (breathe in through nose), then, *"Blow out a candle"* (blow out through mouth).
- Right before situations that predictably cause mad feelings, remind your child to use a Serious Face and Voice if needed. Role-play and practice together.
- Model using a Serious Face and Voice when you are feeling mad. Limit your words whenever possible.
- Acknowledge your child when he/she remembers to express mad feelings in constructive ways. *"Kate, I bet your brother will leave your football alone because you told him how you felt in such a kind way."*

Family Fun: Playful Ways to Practice

- **MAD WARNING.** It helps to give a warning when feelings get charged with anger. When your family is in a good mood, devise a way to let everyone know you are "red hot" with mad feelings, like: *"I'm so mad, I don't want to talk."* Each family member can share what they would like everyone to say and do when they give this signal. Some may prefer to talk, while others may prefer space and privacy to work through mad feelings.
- **MAD PRETENDING.** Anger can feel scary because sometimes people do hurtful things with their face, voice, words, and actions when they're mad. This game can help children see how we can and cannot use our body when we get mad. Take turns pretending to feel mad. This can be fun and playful when each family member gets to role-play BIG mad feelings with their voice and body (stomping feet, making fists, yelling, rolling on the ground). However, no unkind words about others are allowed. One family member is "It." Family members give "It" a situation that would make him/her feel really mad. This family member pretends to feel really, really mad. Think of other situations that could create mad feelings for each family member. After each turn, share what it feels like when someone is feeling mad and communicates in an upsetting way. Decide that when family members forget to express upset feelings in positive ways, you will gently remind each other of the *kotowaza* "It's okay to be mad, but it's not okay to be mean."

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