Kimochis®

building a school-to-home connection

HOMELINKS WEEK 20

Brave

This week, your child learned about **bravery** and the Kimochis® *kotowaza*—or Japanese proverb—that accompanies this feeling: **"You can't be brave without being afraid."** This teaches your child that being brave means you might feel shy, scared, embarrassed, or unsure, but you can still be brave enough to get yourself to say and do what you know is right and best. The Brave kotowaza is being used in our classroom to help children feel comfortable being beginners and trying new things. Young children have lives filled with lots of new experiences and tasks! Your child learned that when someone is a **beginner**, they can make lots of mistakes. Helping your child to be comfortable making mistakes and having positive thoughts when things don't come easily will help them to be successful both socially and academically.

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

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Common Language

Beginner: When you are new at something

Coach Brave Acts During Daily Activities

- Encourage your child when they show reluctance to try something new: *"Mandy, you look like you want to play with those children in the sandbox. Here's your bucket and shovel. I'd like to see you practice being brave and ask if you can join."*
- Acknowledge your child when you witness bravery—when you sense they are not feeling confident and they get themselves to try anyway.
- Share stories of how you yourself were brave when you felt less than certain about something.

Family Fun: Playful Ways to Practice

- **BEGINNER'S DAY.** Select a day to be a beginner. Try something you have never tried before or have not done in a while. For example, maybe you used to play guitar, but you have not picked it up in a long time. Encourage family members to try their activity in front of one another. Give support and words of encouragement to each other.
- **BOUNCE BACK SOUNDS AND WORDS.** At a family dinner, talk about how to be playful and "bounce back" rather than falling apart or quitting after making mistakes. Have family members take turns making a sound or saying a word that everyone could use when they make a mistake. For example, *"Oops," "Uh-oh," "Shoot," "Eek,"* or *"Oh no."* Model how to use sounds when you make a mistake (this is a good way to avoid saying words in front of your child that you will regret later!). Coach your child to make one of the sounds or say one of the words when you see they need to bounce back. Remind them by saying, *"You can say, 'Oops.' "*
- **I WAS BRAVE WHEN …** Take turns at dinner sharing different times in your life when you were brave. Each family member can take a turn by completing the sentence *"I was brave when …"* After each family member has named several brave experiences, ask, *"How did that make you feel? Did positive things happen because you were brave?"*

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