Kimochis®

building a school-to-home connection

HOMELINKS WEEK 23

Sad

This week, your child learned about **sadness** and the Kimochis® *kotowaza*—or Japanese proverb—that accompanies this feeling: **"Sad feelings come and go."** This *kotowaza* can help your child understand that everyone feels sad sometimes. Some children cry more easily than others. Other children seem to be good at comforting themselves and their peers. You might feel a need to "toughen up" your child for the real world and discourage them from expressing sad feelings. However, messages like this can make some children learn to hide sad feelings, rather than express them in a healthy way. As children grow and mature, they can learn how to move effectively through sadness without falling apart.

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

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
© 2014 Kimochis – Plushy Feely Corp. • www.kimochis.com

Common Language

Say what you see: To name a person's observed feelings as a way of helping that person feel better: *"You look sad. Can I help?"*

Coach Sad Feelings During Daily Activities

- Guide your child to self-comfort when feeling sad. Say what you see and offer a suggestion. For example, *"I see a boy who looks sad. You can ask me for a hug."*
- Prompt your child to comfort a sibling or a friend. *"I see a friend of yours who is looking and sounding sad. I bet you can think of a way to be kind and gentle to him."*
- Acknowledge it when your child independently comforts a child who is sad.
- Share how you cope with your own sad feelings. This will help your child learn from your positive coping strategies and be reassured that sad feelings come and go.

Family Fun: Playful Ways to Practice

- **CREATING A FAMILY TRADITION OF SHARING.** Kids love to hear stories from parents' childhood. Share a story about a time you felt sad or saw sadness. The more specific you make the story by using names and locations, the more impact the story will have. Tell your child:
  - How you made yourself feel better
  - What you admired about the way people offered help, support, or comfort
  - How the experience touched you
- **GENTLE TUESDAY.** Pick one day of the week to set aside as "Take Care of Ourselves Day." When your child learns what helps during sad moments, it will be great when comfort is needed. Try playing gentle music, cuddling a favorite stuffed animal or pillow, curling up in bed, or looking at a special book. Practice doing these things with no talking. When you later notice your child feeling sad, you can give a hug and suggest the strategies that worked earlier.
- **KIND KIDS.** Explain that there are many ways people can be kind every day. Decide that whenever your family sees sad feelings, you will say or do something to show you care. Ask each other to share ways you were kind and share how others were kind and compassionate when you were sad.

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
© 2014 Kimochis – Plushy Feely Corp. • www.kimochis.com