Kimochis

Kimochis Planner Weekly Checklist

Week 1: Meet Lovey Dove

Instructions: First and foremost have FUN! At Kimochis we want you to be ready for the week. Here is an outline of what will happen in your class. Check things off as you complete them.

Prep-Materials

- This will take 10 minutes

☐ Grab Lovey Dove with Proud, Kind and Friendly Feelings tucked into her pouch

☐ Pre-Read Mini lessons 1,2 & 3 (pg 45 & 46) and plan to teach the ones that will be most beneficial for your students

☐ Make a class set of the Homelinks parent letter

☐ Make a class set of 1 of these handouts: Lovey Dove coloring sheet or puppet (These materials can be downloaded from the Educators Portal at Kimochis.com)

Pick up - What lessons are taught this week

- Establish day(s) and time(s) throughout the week to teach these lessons
- These lessons will take between 7 - 10 minutes to teach

☐ 1 Meet Lovey Dove and Her Feelings (pg 45)

☐ 2 Lovey Dove's Proud and Kind Feelings (pg 46)

☐ 3 Lovey Dove is Friendly (pg 46)

☐ **Bonus/Optional Extra:** Under Your Wing (pg 22)

Practice, Coach and Acknowledge - How to reinforce the lessons

- Choose a few of these activities to reinforce the lessons throughout the week
- These activities will take between 2 - 10 minutes

☐ _____ Day(s) Coaching Bring Lovey Dove to circle time to remind children to be friendly. Bring her under your wing when you're walking on campus with your class. Ex: Prompt the children to use their tool(s): friendly signal and under your wing when they are out at lunch and recess and in the community. (pg 47)

☐ _____ Day(s) Extension Activity # 1 Color Lovey Dove and Turtle Dove (pg 48 & online)

☐ _____ Day(s) Extension Activity # 2 The Friendly Signals Ripple Game (pg 48)

☐ _____ Day(s) Extension Activity # 3 Make a Friendly Nest for Lovey Dove (pg 48)

☐ _____ Day(s) Circle time (Start or end your day) Choose one of Lovey Dove Feelings Kind, Proud or Friendly and ask children when they plan to act this way, felt this way, or someone act this way.

Provide - Handouts

☐ Sent Parent Letter Home (Pg 49- 50 & online)

Perk/Present - Extra Materials

☐ Read Lovey Dove Learns to Let Go

We are HAPPY you are part of the team to create confident, connected, and compassionate kids!

Kimochis®
toys with feelings inside

LOVEY DOVE is sweet and nurturing and, like all doves, tries to keep the peace. Because she's a mom, she tends to worry. Lovey keeps her baby, Turtle Dove, tucked gently under her wing. Lovey's favorite number is 11 and her favorite color is lemon yellow.

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toys with feelings inside

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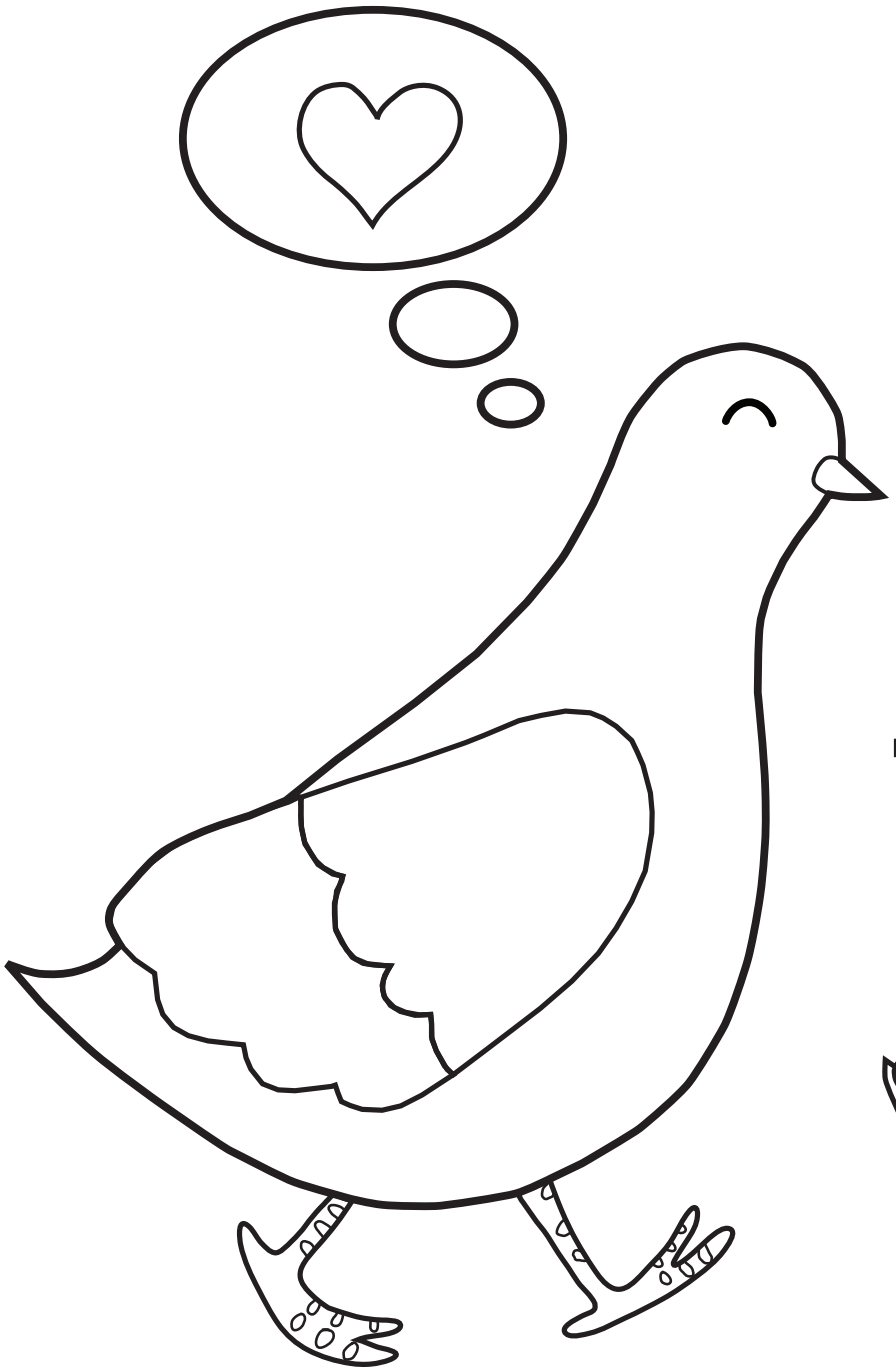
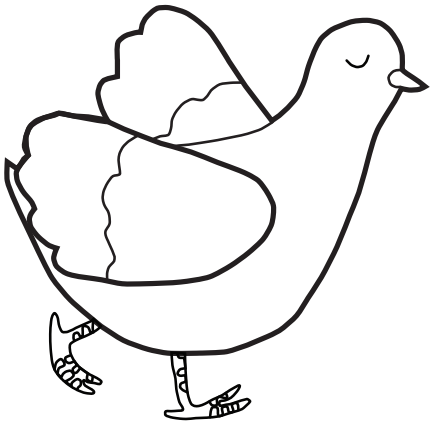
MEET LOVEY DOVE!



AND
TURTLE DOVE
TOO!



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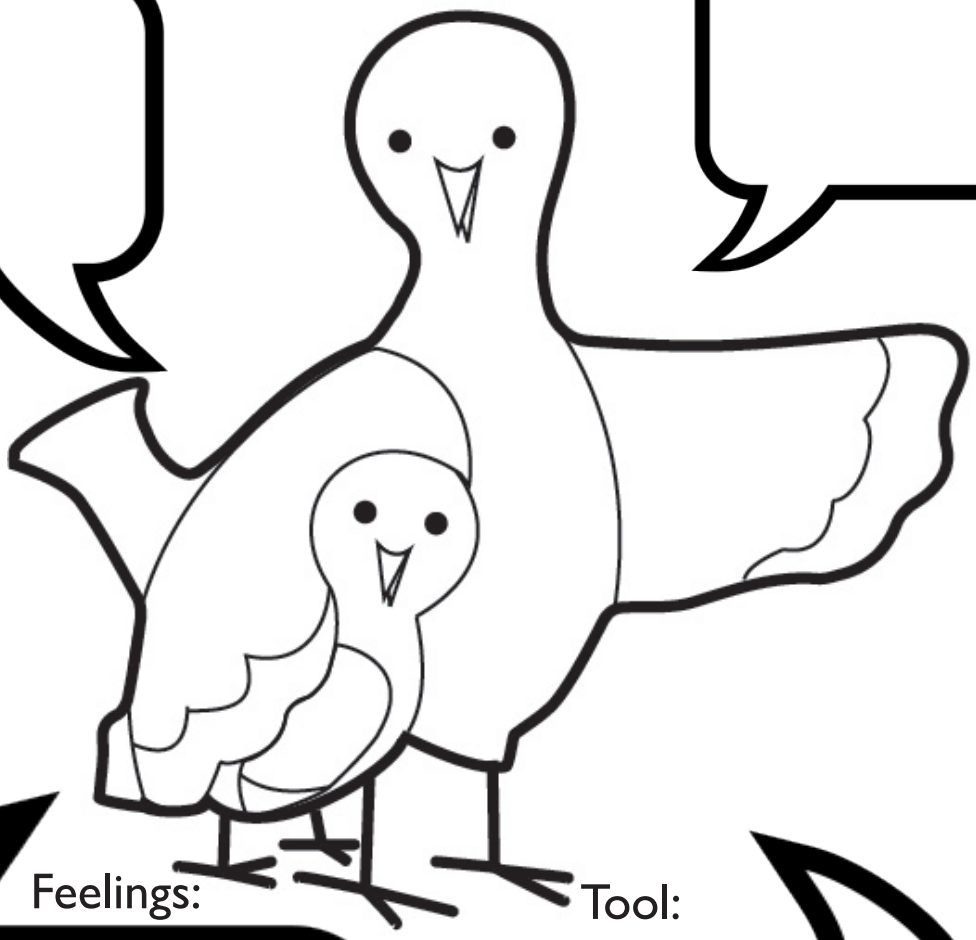
Kimochis® Lovey Dove

Name: _____

Favorite Color:

Favorite Number:



Feelings:

Tool:

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Kimochis® Lovey Dove

Name: _____

Draw a picture to show these tools in action.

Tool: Draw your favorite friendly signal.

Tool: Take a friend under your wing.

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Kimochis® Lovey Dove

Name: _____

Lovey Dove is my friend.

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Kimochis®

building a school-to-home connection

HOMELINKS WEEK 1

Meet Lovey Dove

This week, the Kimochis® Character named Lovey Dove joined our classroom to teach your child about the feelings **proud, kind, and friendly**. Lovey is the Character who is sweet and nurturing. She is very wise and calm. She likes to cuddle and make everyone feel better when they are upset. But sometimes Lovey Dove worries.

Children who have a temperament like Lovey's can benefit from staying compassionate and learning to worry less. Lovey taught your child how important it is to greet people using their name and a **"Friendly Signal."** Friendly Signals are communication tools, such as a smile, wave, head nod, or saying hello. Being friendly is a rewarding habit that children can learn to develop and use throughout their lifetime.

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

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Common Language

Eye contact: Looking at the eyes of others when listening and speaking
Friendly Signals: Using gestures and words to convey friendliness: eye contact, head nod, smile, wave, high five, pat on the back

Coach Friendly Signals During Daily Activities

- When you and your child are in new situations, decide that you both will make a point of making eye contact, smiling, and being friendly to people you don't know well. Afterward, talk about how people responded and how you felt about being friendly.
- Give your child a reminder: *"I see kids at the park we don't know. How about giving a Friendly Signal when your eyes meet?"*
- Acknowledge your child when he/she is friendly to others: *"Your smile and eye contact let people know you are friendly."*
- Share how you push yourself to be friendly in new situations: *"Today at school, I'm going to be friendly to a few parents I have not met yet."* Afterward, share your experience.
- You can also encourage eye contact by having your child "talk" to your eyes rather than saying, *"Look at me when we are talking."* You can prompt your child by saying, *"Tell Mommy's eyes what happened on the playground."*

Family Fun: Playful Ways to Practice

- **FIND THE FEELINGS.** Proud, kind, and friendly are this week's feelings. Build your child's emotional vocabulary and awareness by:
  - Noticing facial expressions and sounds that match these feelings. *"Dad's face is saying he is feeling proud of your generosity." "That salesperson was friendly with her cheerful voice."*
  - Talk about when you have these feelings and how to express them. *"I like to do kind things and not tell anyone. Today, I took in Mr. Tobin's garbage can. I bet he will feel happy."*
- **SHARE PRIDE FOR WHAT YOU VALUE.** Share your pride when you observe your child being generous, respectful, responsible, fair, compassionate, patient, kind, resilient, creative.
- **CREATE A FRIENDLY SIGNALS WEEK.** Decide as a family to pay attention to friendliness this week. At meals, bedtime, or when in the car, talk about people who have a "way" of being friendly. How does it feel to be around this person?

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