Kimochis®

SOS Tools for Elementary

Kimochis to the rescue for challenging behavior

Please see your Kimochis Feel Guide: Elementary Edition *for the pages referenced below.*

Character	Feelings SEL Tools	Story	Personality
CLOUD 	Happy, Mad, Sad • Self-Regulation	• Lives in the sky • Favorite number: 9 • Favorite color: gray • Loves butterscotch pudding and tea	• Unpredictable; happy one day, then mad or sad • Can be moody • Working on controlling his emotions

SOS Tools:

Manage Moods and Anger: Cool Down Mad Feelings **(**Pg. 142);
Warn People How You Feel (Pg. 142); Sending an "I Mean It" Message (Pg. 143)
Yelling: Key #2 Talking vs. Fighting Voice (Pg. 30); Tell Don't Yell (Pg. 142)
Grabbing: The Talking Hand (Pg. 34)
Pushing: Stop Hands (Pg. 35)
Hurting Words: Helping vs. Fighting Words (Pg. 143)
Responding to Hurtful Words: Choosing Compassion and Kindness (Pg. 146)
Teasing: Don't Tease Me (Pg. 137)
Redo Hurtful Moments: Catch it, Own it, and Redo it (Pg. 144)
Gloomy: Happy Habit (Pg. 127)

Helpful Kotowaza:

Mad: It's Okay to be Mad, But It's Not Okay to be Mean (Pg. 140)

©Kimochis®–Plushy Feely Corp. • kimochis.com

SOS Tools for Elementary

Kimochis to the rescue for challenging behavior

Please see your Kimochis Feel Guide: Elementary Edition *for the pages referenced below.*

Character	Feelings SEL Tools	Story	Personality
BUG 	Brave, Left Out • Self-Talk	• Lives in a manzanita tree • Favorite number: 2 • Favorite color: magenta • Loves honey • Plays the mandolin	• Smart & very thoughtful • Cautious & a little scared to try new things, but he dreams of flying • Afraid of change • Shy & can get left out

SOS Tools:

Shyness, positive self-talk and getting included: Talk About It (Pg. 167); Still Friends (Pg. 168); Looking to Include You (Pg. 170)
Fear of Trying New Things: Brave Talk (Pg. 157)
Managing Fears: It's Okay to be Afraid (Pg. 150); So, I'm Afraid (Pg. 150)
Apologizing and Forgiving: Say Sorry (Pgs. 153-154)
Honesty: Coming Clean (Pg. 152); Oops That Was a Lie (Pg. 153)

Helpful Kotowazas:

Left Out: It's Always More Fun When We Make Room for Everyone (Pg. 160)
Brave: Be Brave Enough to Stand Up and Speak or Brave Enough to Sit Down and Listen (Pg. 148)

©Kimochis®–Plushy Feely Corp. • kimochis.com

SOS Tools for Elementary

Kimochis to the rescue for challenging behavior

Please see your Kimochis Feel Guide: Elementary Edition *for the pages referenced below.*

Character	Feelings SEL Tools	Story	Personality
HUGGTOPUS 	Silly, Frustrated • Attention and Focus	• Lives in a swimming hole • Favorite number: 8 • Favorite color: pink • Special treat is bubblegum! • Plays the xylophone	• Silly, excited, sometimes, out of control • Gets too close to friends • Not aware of others' needs • Can make anyone feel better
SOS Tools:	**Cutting in Line:** Communication Tap (Pg. 29); Practicing Predictable Situations (Pg. 29) **Interrupting and Distracting:** Too Distracting (Pg. 94) **Personal Space Boundary:** Oops, You're Too Close (Pg. 178) **Own feelings:** Name It (Pg. 186) **Impulse Control and Attention:** Musical Kimochis (Pg. 176); Bring Yourself Back (Pg. 177); Red Light and Green Light Friends (Pg. 177) **Quitting:** Practicing perseverance (Pg. 188)		
Helpful Kotowazas:	**Silly:** For Silly to be Fun, It Has to be Fun for Everyone (Pg. 174)		

©Kimochis®–Plushy Feely Corp. • kimochis.com

SOS Tools for Elementary

Kimochis to the rescue for challenging behavior

Please see your Kimochis Feel Guide: Elementary Edition *for the pages referenced below.*

Character	Feelings SEL Tools	Story	Personality
CAT 	Curious, Cranky • Re-Do Hurtful Moments	• Lives in a cherry blossom tree • Favorite number: 10 • Favorite color: purple • Loves warm milk & almond cookies	• Is a strong leader, but can be too bossy • Can get cranky & take it out on her friends • Is practicing how to redo her mistakes
SOS Tools:	**Bossy Talk:** Oops, That Came out Wrong (Pg. 205) **Taking it Out on Others When Upset:** Don't take it out on me (Pg. 206) **Asking to be Alone:** Leave Me Alone (Pg. 204) **Resisting Pressure to Exclude:** No Matter What You Say or Do, I Include (Pg. 164) **Responding to Mean Looks:** Mean Looks (Pg. 34)		
Helpful Kotowaza:	**Curious:** Follow Your Curiosity When it is Safe and Kind (Pg. 194)		

©Kimochis®–Plushy Feely Corp. • kimochis.com

SOS Tools for Elementary

Kimochis to the rescue for challenging behavior

Please see your Kimochis Feel Guide: Elementary Edition *for the pages referenced below.*

Character	Feelings SEL Tools	Story	Personality
LOVEY DOVE 	Proud, Kind • Compassion and Empathy	• Adopted her baby, Turtle Dove • Lives in a Japanese maple tree • Favorite number: 11 • Favorite color: yellow • Loves carrots, raisins • Loves to sing	• Sweet and loving • Proud of her friends • Hopeful that everyone will get along, anxious when they don't • Sends friendly signals • Acts and speaks in kind ways
SOS Tools:	**Friendly Climate**: Refer to the Scope and Sequence at Kimochis Learning Portal (Week #1) **Staying Humble and Proud:** Be Careful Not to Brag (Pg. 220); Happy for you, Happy for me (Pg. 221); Proud Talk (Pg. 223) **Optimistic and Hopeful Thoughts:** Choose Hope (Pg. 213); Hope Helps Frustration (Pg. 214)		
Helpful Kotowazas:	**Hopeful:** A hopeful Heart Makes Many Things Possible (Pg. 210) **Proud:** PROUD OF YOU - I am Happy for You and Happy for Me (Pg. 218)		

©Kimochis®–Plushy Feely Corp. • kimochis.com