Kimochis®

SOS Kimochis for Early Childhood

Kimochis to the rescue for challenging behavior

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

<table>
<tr><th>Character</th><th>Feelings
SEL Tools</th><th>Story</th><th>Personality</th></tr>
<tr><td>CLOUD
 </td><td>Happy, Mad, Sad
•
Self-Regulation</td><td>• Lives in the sky
• Favorite number: 9
• Favorite color: gray
• Loves butterscotch pudding and tea</td><td>• Unpredicatable; happy one day, then mad or sad
• Can be moody
• Working on controlling his emotions</td></tr>
<tr><td colspan="4">SOS Tools: Manage Moods and Anger: Calm Down Breath (Pg. 56)
Yelling: Serious Voice and Serous Face (Pg. 194)
Grabbing: The Talking Hand (Pg. 113)
Pushing: Stop Hands (Pg. 165)
Hurting Words: Big Mean Things That Aren’t True (Cloud’s picture book)

Helpful Kotowaza: Mad: It’s Okay to be Mad, But It’s Not Okay to be Mean (Pg. 192)</td></tr>
<tr><td>BUG
 </td><td>Brave, Left Out
•
Self-Talk</td><td>• Lives in a manzanita tree
• Favorite number: 2
• Favorite color: magenta
• Loves honey
• Plays the mandolin</td><td>• Smart & very thoughtful
• Cautious & a little scared to try new things, but he dreams of flying
• Afraid of change
• Shy & can get left out</td></tr>
<tr><td colspan="4">SOS Tools: Fear of New Things: Bug can try new things (Pg. 75)
Inclusion and Slow to Warm: Use your eyes and ears to be kind (Pg. 186)
Hurtful Moments: How to redo a hurtful moment (Pg. 128)

Helpful Kotowazas: Left Out: Make Room for Everyone (Pg. 179)
Brave: Put your Brave in Front (Pg. 208)
Kind: Take the Time to Be Kind (Pg. 140)</td></tr>
</table>

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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:	**Interrupting:** Recognize the Not Now signal (Pg. 66) **Cutting in Line**: Let's practice getting attention when they cut (Pg. 98) **Special Differences:** Name It (Pg. 250) **Rough and Tumble Play:** Too excited (Pg. 163)		
Helpful Kotowazas:	**Excited:** Fun has to be fun for everyone (Pg. 162) **Silly:** Know when to be silly and when to be serious (Pg. 216)		
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**: Cat, Talk Nicely (Pg. 86) **Redo Hurtful Action:** Be Brave and Kind and Make Things Better (Pg. 129)		
Helpful Kotowaza:	**Curious:** When Curious, Be Safe and Kind (Pg. 240)		

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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**: Friendly Signals (Pgs. 46 and 48) **Inclusion:** Kimochis Wingman (Pg. 22) **Appreciations:** Lovey Dove's Proud Nest (Pg. 250)		
Helpful Kotowazas:	**Friendly:** Friendly Faces Create Friendly Places (Pg. 170) **Proud:** Proud of You… Proud of Me (Pg. 248)		

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