

KEY #2

**USE A TALKING TONE OF VOICE
INSTEAD OF A FIGHTING
TONE OF VOICE.**

When I use my talking voice
I get into fewer Cat fights..



Kimochis



Homelink: Week 7

Theme: Use a talking voice instead of a fighting voice (Key 2)

Why this skill is important: Students who can regulate their tone of voice when experiencing upset emotions are more likely to resolve social-emotional problems and maintain healthy relationships.

Children will understand how a **Talking Voice** and **Serious Voice** can help to maintain healthy social interactions. This week at school your child learned Kimochis[®] Key 2. This Key will help your child stay aware of how they use their voice. Sometimes, when we have upset feelings, it is easy to yell or use a tone of voice that makes the situation worse instead of better. This lesson taught your child how to use a Talking Voice (calm tone of voice, slightly slowed down with appropriate volume) rather than a Fighting Voice (loud, hurtful tone of voice). When we feel upset and are able to use a Talking Voice, we raise the odds that others will want to understand our feelings and resolve conflicts. Make a point of acknowledging your child for using a Talking Voice when they are upset and model using a Talking Voice yourself.

Kimochis[®] Family Challenge: Practice using a Talking Voice when expressing upset emotions. Acknowledge others for using a Talking Voice when you know they are upset. At mealtime everyone can share what time of day, situation, or feeling can be the most challenging to use a Talking Voice. An example might be getting out the door in the morning. Ask for family members to give you positive feedback when they see you using a Talking Voice when challenged by the difficulties of the morning routine.