

KEY #3

**USE A TALKING FACE  
AND RELAXED BODY LANGUAGE  
INSTEAD OF A FIGHTING FACE  
AND TENSE BODY LANGUAGE.**

Nobody likes a stormy Cloud!  
So I take a calming breath, and  
practice using my talking face  
and body when I speak.





## Homelink: Week 8

**Theme: Use A Talking Face And Body Instead Of A Fighting Face And Body (Facial Expressions And Body Language, Key 3 #1)**

**Why this skill is important:** Students who can “read” and use appropriate facial expressions and body language are more likely to resolve social-emotional problems and maintain healthy relationships.

Children will understand how important it is to use an appropriate facial expression and body language when communicating. This week your child learned Kimochis® Key 3. This Key helps your child to maintain a positive facial expression (Talking Face) and body language (Talking Body) when experiencing upset emotions and conflicts. Your child learned that a Fighting Face and Body can often make things worse. When your child can keep their face and body from looking aggressive or hurtful, others will be more willing to listen. Your child learned how to notice and read the facial expressions and body language of others as a way to understand the emotion behind the words.

**Kimochis® Family Challenge:** Have a family discussion at mealtime and choose a situation where you can each practice using a Talking Face instead of a Fighting Face. Ask family members to give one another positive feedback when efforts are made to not yell and to avoid facial expressions and body language that are not helpful.