

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 9

Theme: Use a talking face and body instead of a fighting face and body (Talking Hands and Stop Hands, Key 3 #2)

Why this skill is important: Students can use nonviolent, nonverbal communication tools, such as the Talking Hand and Stop Hands to resolve upset feelings and conflict in the heat of an emotional moment.

Children will understand how to use a Talking Hand and Stop Hands to peacefully resolve social-emotional conflicts. This week your child learned how we can use our body to “talk” without using words. We practiced a communication tool called the Talking Hand. This hand gesture is a positive and effective way for your child to respond to peers or siblings when they grab items from them.

Your child can show you the Talking Hand, but basically: 1) put your hand out palm up; 2) use your other hand to tap your open palm; 3) wait patiently for the person to return the object; and 4) say thank you with eye contact when they do.

The second communication tool your child learned is Stop Hands. This gesture is a non-violent and effective way to let someone know you want them to stop something that is not fun for you. Hold your hands up near your chest, palms faced outward and fingers spread. These hands are communicating, “please stop” without talking. Your child learned that they can use Stop Hands if play gets too rough or if someone keeps saying or doing something that is hurtful. Stop Hands can do the trick!

Kimochis® Family Challenge: Have a family discussion so your child can show you each of these nonverbal communication tools. Brainstorm together when and where these strategies can be effective – for example, with a sibling that grabs (use Talking Hand) or overpowers them (use Stop Hands). Loop back at a family mealtime to ask if anyone has found a need to use these tools and if they were effective.