

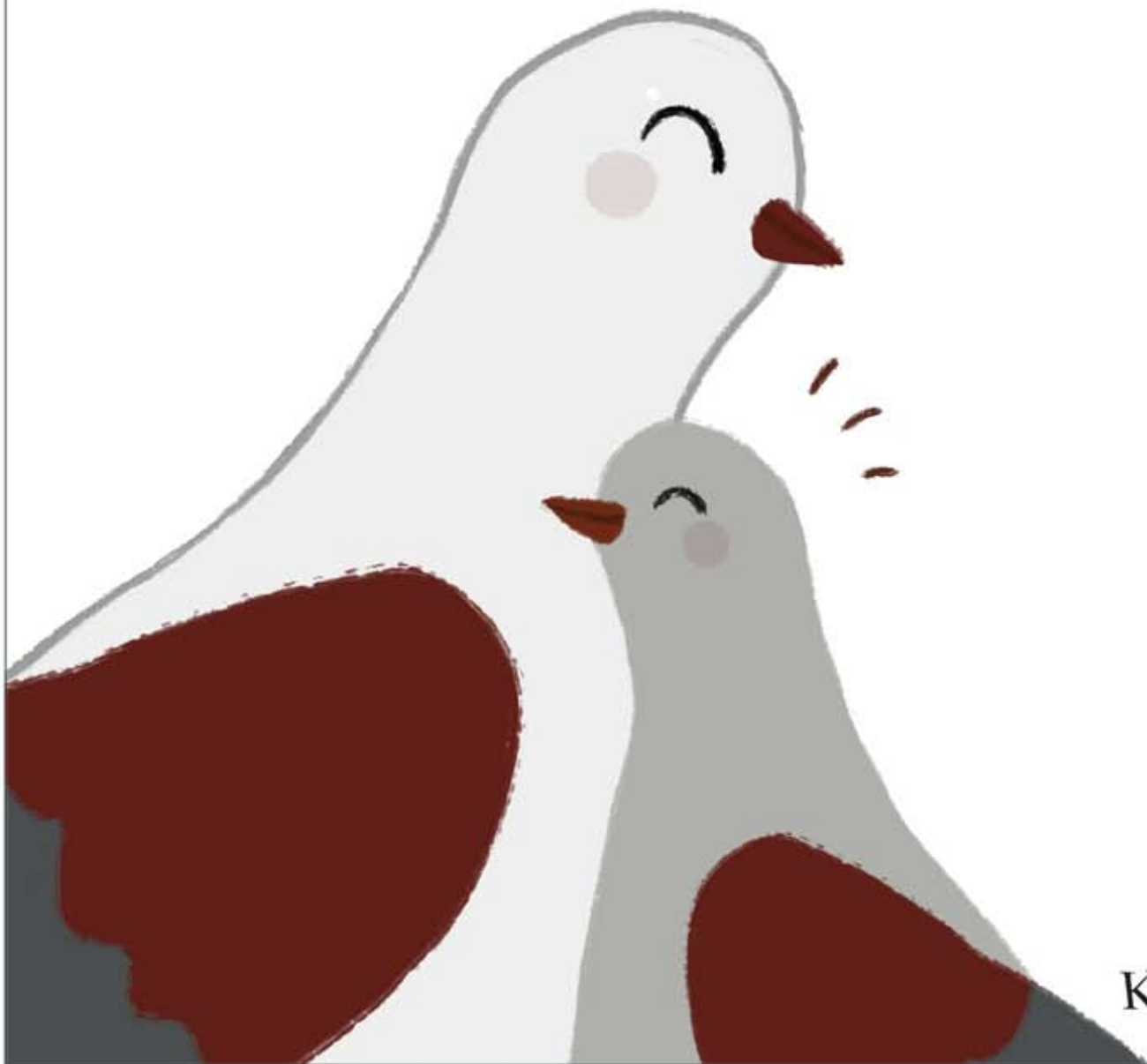
KEY #4

CHOOSE WORDS THAT HELP INSTEAD OF HURT

“I FEEL MAD WHEN YOU ...”

INSTEAD OF “I HATE IT WHEN YOU ...”

It's okay to be mad,
but it's not okay to be mean.



Kimochis



Homelink: Week 10

Theme: Choose helping words instead of hurtful words (Key 4)

Why this skill is important: When students use helpful words and avoid hurtful words they can resolve social-emotional conflicts in peaceful ways.

Children will understand the difference between helping and hurtful words. This week your child learned Kimochis® Key 4. This Key helps us to think before we speak and to consider our word choice. In our lesson we talked about words that make our hearts feel good and words that hurt our feelings and, of course, our hearts. Your child learned that everybody makes mistakes and we can all accidentally use words that hurt.

Your child can use the following communication tool when they hear hurtful words:

1. Place a hand over your heart
2. Show a gentle, but hurt facial expression
3. Make eye contact with the person who hurt you
4. Say, “Ouch” in a soft, but hurt tone.

For older children: make eye contact, say the person’s name, and then say, “That hurt.” When the person acknowledges they made a mistake say, “Thanks”. Students know that this communication tool is a safe, kind way to let someone know that they have hurt your feelings. When communication mistakes are made at home, all family members can use this tool to let other family members know that they have hurt your feelings so they can apologize and make things better.

Kimochis® Family Challenge: Your family may wish to use the above communication tool as a way to let someone know they hurt your feelings, so they can apologize and make things better. If not these tools, what can your family agree to say and do to let someone know your feelings are hurt? (Keep it short and simple so that it is not shaming.) Appreciate family members as they practice working to avoid hurtful words and use helpful words to express upset feelings.