

KEY #5

# BE BRAVE AND REDO HURTFUL MOMENTS.

When I know I have Bugged someone,  
I am brave and re-do the moment in  
a kinder way.



Kimochis



## Homelink: Week 11

Theme: Be brave and redo (Key 5)

**Why this skill is important:** Everyone makes communication mistakes that create regret and shame. This skill helps students to be brave and redo hurtful moments, strengthening relationships and creating a positive school climate. Children will understand that we all make mistakes and need to remember to redo when this happens.

This week your child learned Kimochis® Key 5. This Key helps us to remember to own and name our mistakes by apologizing and making things right. Although younger children may not always realize when they have said or done something wrong, they need to understand why it's important to say they are sorry. Learning the words “I'm sorry” comes faster than the genuine feeling behind it (Severe, 2005). As children develop the skills to take the perspective of another person, their apology skills improve. Children who can learn to redo communication mistakes will have healthier and more successful social relationships. Why not consider making a family agreement that everyone gets a “re-do” so that when we are not at our best we can do that moment over again! Have a family discussion about how it is easy to “lose it” or lose your Keys when you are feeling upset. Tell your family that no one is perfect, but everyone can work on making small improvements in the way we talk and treat one another when we are upset. Take the lead as the parent and take the family challenge described below.

**Kimochis® Family Challenge:** Redo (start again and do hurtful moments over) when you can see and hear that the way you spoke was hurtful. Recognize family members courage and effort to take a redo. Make it a family agreement that everyone can ask and give a redo because everyone makes mistakes!