

Kimochis 5 Keys to Communication



Get someone's attention.

SEL TOOLS: *Eye contact, Communication Tap*



Use a talking voice.

SEL TOOLS: *Talking Voice, Fighting Voice, Serious Voice*



Use a talking face and body.

SEL TOOLS: *Talking Eyes, Fighting Eyes, Serious Eyes*



Choose helping words.

SEL TOOLS: *Helping vs Hurting Words, "Ouch"*



Redo hurtful moments.

SEL TOOLS: *Everyone Makes Mistakes, Kimochis Re-do*

Kimochis 7 Keys to Communication



Get someone's attention.

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Redo hurtful moments.

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Be Kind and Let People Try Again

SEL TOOLS: *Second chances help make things better.*



Assume the Best

SEL TOOLS: *Train your brain to think the best. "Maybe they..." or "At least..."*



Homelink: Week 12

Theme: Review the Keys to Communication

Why this review is important: When students become fluent using the Kimochis® Keys to Communication in social and emotional moments, they are more able to communicate with respect, responsibility, kindness, and compassion. Students who use the Keys can be counted on to handle challenging social-emotional situations with character.

Children will understand that using the Kimochis® Keys to Communication can contribute to positive social-emotional moments. The Kimochis® Keys to Communication form the foundation of this Social-Emotional Communication Program. As you have seen over the last six weeks, the Keys teach children how to use their tone of voice, body language, and appropriate words and actions when in emotional moments. We hope that you are beginning to see your child becoming more aware of their feelings and communicating in more positive ways. Many parents share that as their child learns these life skills, they too are fine-tuning their own communication skills. Your best teaching is through modeling the use of the tools and sharing with your child how you are learning new skills.

Kimochis® Family Challenge: Take turns sharing which Kimochis® Key you are most proud of being able to use in the “heat of the moment” and one Key you will actively practice improving. For example, “I am more aware of not yelling or use a Fighting Voice when I feel stressed, but I want to work on not speaking until I get your eye contact.” You can also have each family member give one another one compliment and a wish. “I appreciate that you (describe what you know they are working on to improve their communication). I would like you to consider (describe something you would like them to work on).”