

Kimochis®



Recess and Classroom Check-In Routines

Kimochis Check-In Tool to Add More Positivity to Your Classroom

Want more positivity in your classroom? Consider adding this additional Kimochis Check-In routine, following recess, or to your class meeting. Many teachers also say they enjoy ending each school day on this positive note!

1. Sit students in a circle and spread only the positive Kimochis Feeling Pillows in the center of the circle.
2. Invite students to go into the circle and grab a feeling they have recently enjoyed having on the playground or in the classroom.
3. Ask students to hold this Feeling Pillow word side out and ask the rest of your class to point to a positive feeling they too have had at recess.
4. Take one feeling at a time and have as many students share a story about this feeling. For example, the teacher might say, “I see that Alfred is holding the Grateful Feeling Pillow. Alfred, would you like to share what created Grateful feelings for you? (It is okay for a student to pass.)
5. Next, invite any students who wish to share a Grateful story to put their hands out and the Feeling Pillow gets passed around until you run out of positive stories for that particular feeling. The teacher gets to add stories too!
6. Repeat the above steps so your class can communicate stories for all of the other positive Feeling Pillows your students are holding. Be prepared to feel good!

Tip: You can vary this check-in by having students grab feelings they want to have more of. Together brainstorm what one can say or do to raise the odds that they will experience these positive feelings.

Note: Kimochis is not just a tool to help kids learn how to manage the *hard to have* feelings but rather a tool to help kids feel all the positive feelings that exist amidst the *hard to have* feelings that can come with each day.