



## Kimochis Check-In Tool for Responding to Challenging Behavior

All feelings are okay but all behaviors are not. Consider adding this additional Kimochis Check-in routine, following recess or to your class meeting, to help your students learn positive communication habits to replace challenging behaviors that can come with BIG feelings.

1. Sit students in a circle and spread the *hard to have* Feeling Pillows in center of the circle.
2. Invite students to go into the circle and grab a feeling they have NOT 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 feeling they too have NOT enjoyed having.
4. Acknowledge that each day everyone will have both the feelings we enjoy having and also will have these *hard to have* feelings so we want to come together and create a plan so we handle all feelings in ways that are kind and helpful.
5. Tell and help you class verbalize a situation without naming names. Ask your students to share WHAT is causing this feeling not WHO. For example, there could be frustration in 4 square because not everyone is remembering to take turns. (Note: This will take practice. The teacher is to stop the conversation if a student forgets and talks about the who rather than what.)
6. Take one feeling at a time and have a student share WHAT created this feeling.
7. After listening, ask if this student knew what to say and do to make this *hard to have* feeling a little better. If the students felt like they had a positive tool ask him/her to create a role-play or verbalize what they did to handle the situation.
8. Invite other students to show additional positive ways one might handle this same emotion filled moment.
9. When a student says they did NOT know what to say or do, tap into their peers for help by asking, "Does anyone have a tip or trick you have found made things better in a similar situation?" Teachers can also (show or tell) tips and tricks.
10. Work as a class to come up with solutions and kinder ways to manage the *hard to have* emotions. Your class now will have positive communication scripts and plans as for predictable moments when emotions can get the best of us!
11. Wrap-up this check-in by sprinkling the positive Feelings Pillows to have students share how they are feeling after working as a team to make things better.