Kimochis
social and emotional learning

Play With Feelings!

Have a little fun while building emotional vocabulary in the classroom! Here is an easy brain break to create more positivity in your classroom.

Pass The Kimochis

Set up: Partner up your students and then have your class form a large circle. Each pair should be facing each other.

1. Ask students to send their partner a friendly signal (wave, smile, high five, thumbs-up) say hi and include their name.
2. Hand each pair a Kimochis Feeling Pillow.
3. Instruct your students to take turns and share when they have felt this feeling or when they feel this feeling.
4. The teacher calls out "PASS THE KIMOCHIS" to activate the FUN as students are to pass the feeling to the left and continue to take turns.

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