

# Kimochis®



## **Kimochis Soup** *A Powerful and Delicious Recipe for Class Meetings*

You will need:

- Kimochis Mixed Bag of Feelings
- Soup Pot
- Ladle

Begin by inviting your students to make Kimochis Soup on the rug. Sit in a circle around an empty soup pot and sprinkle some Kimochis feeling pillows around it, word side up. Start with making a soup that contains mostly good feelings, like “birthday soup.” Have them toss in all the feelings they have about birthdays.

Note: When it comes to soups containing mostly challenging feelings, like “My friend forgot to share and take turns soup,” (for younger students) and “Homework Soup” (for older students), it can be helpful to keep this activity more objective in the beginning. Use conditional and third-person language, such as, “What feelings might kids your age have when... (name the situation)?”

Here are some suggested soups for all ages:

- Friendship Soup
- Lunchtime Soup
- First Day of School Soup
- Birthday Soup
- Recess Soup
- I Want More Soup (feelings the students want more of)
- Soup I Don't Like (feelings the students want less of)
- Math Soup
- Art Soup
- PE Soup
- Sibling Soup
- Classmate Soup
- Creative Writing Soup

Once a topic or theme is chosen, let the students take turns selecting a feeling they have about that topic, and toss the pillow in the pot. You can toss some in too, to make the soup richer and more complex for discussion.

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For younger students, have your whole class imagine the soup pot is on their lap, and pretend to stir all the feelings together. Give a few students a turn to stir the feeling pillows with the ladle in the real soup pot. This can create very excited feelings! (For older students, skip this step.)

Hand the soup ladle to one student at a time and let each pull out a feeling pillow with it. (This is super fun as the ladle cups the feeling.) Ask for volunteer students to take turns holding the ladle, and exchange tips and tricks for managing each feeling. Say, “If you would like to share a tip or trick for making things better when you have this feeling, put your hand out and we’ll pass you the soup ladle.” Note: From time to time create a role-play to act out how to manage this feeling in positive ways. It has been said that when kids can act it out they are less likely to act out when managing upset feelings.

To wrap up this activity, have students identify one new idea or lesson they learned from this “recipe” that might help them with these particular feelings in the future.

The best thing about this activity is that you can do it over and over—creating new and different soups—talking about how life is also a great big bowl of mixed feelings where we learn something new each time. Consider adding a “Monday Morning Soup” or “Weekend Soup” by letting students toss in a mix of all the feelings they want to have this week or did have over the weekend. Once the soup is made, have them use the soup ladle to pull out each feeling and discuss that feeling. It’s a playful and powerful way to begin and end your school week with unlimited variety and potential!