Social Emotional Learning Training

Helping Kids Manage BIG feelings and challenging behavior.

MODULE 1 (1:00-1:10pm)
Framing Feelings and Play is the Way

Play is the way: Let's explore our Kimochis

MODULE 2 (1:10-1:20pm)
Feelings Fuel Behavior

The connection between feelings and behavior
Helpful ways to talk about and teach feelings

MODULE 3 (1:20-1:30pm)
The Kimochis Framework and Multi-Dimensional Intervention System

Feeling Pillows: Building vocabulary (The ABC's and 1…2…3 of SEL)
Kimochis Characters teaching character and providing the empathy advantage
Kimochis Keys to Communication: Staying connected and making things better
Kotowaza: Self-regulation statements and how you want to BE in emotion
Kimochis and the Teaching Pyramid Model (Tier 1,2 and 3)

MODULE 4 (1:30-1:45pm)
Kimochis Curriculum and Educator Portal Tour

Learn how to quickly access Kimochis curriculum and resource tools

MODULE 5 (1:45-2:00pm)
Kimochis Home Run Activities and SEL All Day Long

Learn "home run" (fast, fun, and effective) ways to use Kimochis all day long to create kinder, more empathetic, resilient kids.

- **Activity 1:** Check-In Tool
- **Activity 2:** Feeling Detective/Feeling Chart
- **Activity 3:** Kimochis Soup for Class Meetings

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Kimochis Characters Training: *Characters building character*
Creating the empathy advantage and school wide positive behavior supports system.

MODULE 6 (2:00-3:00pm)
Kimochis Character Lessons and Tools – Meet the Characters:

Lovey Dove, Cloud, Huggtopus, Bug, and Cat

- Learn the feelings
- Learn the communication tools
- Learn the challenges each character owns
- Learn ALL day long ways to use each Kimochis character for SEL instruction
- Learn the schoolwide tools to build a positive school culture and climate

MODULE 7 (3:00-3:15pm)
Play: Kimochis Sort and SOS Kimochis to the Rescue

- Which Kimochis character are you? Your students?
- Test your Kimochis Tool Box knowledge and apply what you learned to every day emotional moments in the classroom.

Break (3:15-3:30pm)

Kimochis Keys to Communication Training
The KEY to wellbeing is creating connected kids who know what they feel, care what others feel, and can manage feelings with respect, resiliency, and kindness.

MODULE 8 (3:30-4:20pm)
Kimochis 7 Keys to Communication

- Key 1 Get Someone's Attention
- Key 2 Use a Talking Voice
- Key 3 Use a Talking Face and Body
- Key 4 Choose Helping Words
- Key 5 Redo Hurtful Moments

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Kimochis Kotowaza Training

Learn communication tools and self-regulation statements to promote overall wellbeing. Guide positive behavior for top challenging behaviors in the classroom.

MODULE 9 (4:20-4:35)

Kimochis Kotowazas

Play with Kimochis Kotowazas to learn which self-regulation statement to use following a challenging behavior. Promotes respectful, responsible, resilient, compassionate kids — all day long.

MODULE 10 (4:35-5:00pm)

Q and A: Scheduling: Kimochis Planning and Wrap-Up

Putting it all together to bring Kimochis to your school caseload or classroom, one feeling at a time.

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