

# Doable Doses of Kimochis for Families

## Week ONE

1. Print and post your Kimochis feelings chart on your refrigerator, bulletin board, or child's bedroom wall.
2. Invite each family member to point to a feeling and...
  - Say the feeling word
  - Make the feeling face
  - Make the feeling sound
  - Have your child tell you what might make a kid (his or her age) have this feeling

**Note:** For older kids play:

- Charades and act out feelings for family members to guess
- I Spy a feeling you might have when..... *people say you can't play.*  
(Left out)



## Starting & Ending Your Day in A Positive Kimochis Way

1. To start your day with positive feelings, choose a feeling you want to have more of today. Ex. *I want to have more hopeful.* **Note:** You can choose a new feeling each day or each week.
2. Think of one way to create more SILLY feelings.
3. At the end of each day share stories of SILLY.

4. Likewise, you can use your Kimochis feeling chart to predict and point to a “hard to have” feeling you don’t want to have today. Ex: Frustrated or mad. (Make it clear that everyone has hard to have feelings. These feelings feel hard or ouchy in our body but are very important.)
5. Create a positive plan for what each of you will say and do should this feeling happen. Act out the plan to raise the odds everyone will remember to use this plan when emotions run high.
6. At the end of the day, share how your feeling plan worked and create feeling plan B if needed. (This is a great way to create resilient people!)



## **Bonus: Feelings Chart Ideas**

### **I Doubt It**

Use your pinky fingers to touch one feeling you had this week and one you didn't.

Have the rest of the family guess which feeling they doubt you had.

Share a story about the feeling you really did have.

### **Finger Twister**

Each family member uses as many fingers as they can to touch feelings you had this week. Other family members take turns pulling up one finger

at a time and ask questions about this feeling. For example, if your finger was on frustrated someone could ask, *“What made you feel frustrated?”*

### 3 Pluses and A Wish

Each family member takes turns and shares 3 positive feelings they had this week and one wish for a feeling they want to have tomorrow.

Share ways you might be able to create this wished feeling for tomorrow.

## Week TWO

*You can be mad, but you can't be mean* is a super helpful expression to share and use with your family.

Download, print and this post the helpful Kimochis expression as a gentle way to guide positive ways to express anger.

At mealtime, hold the mad feeling pillow and remind your child that everyone gets mad sometimes. Add that anger or mad feelings are important AND we need to learn and practice positive ways to let people know we feel mad.

Pass the mad feeling pillow and have each family member make a mad face and mad sound.

Share that when our bodies feel mad it is easy to accidentally hurt people by using a fighting face (show this) fighting voice (show this) and using hurtful words.

Explain that when your family has mad feelings you practice using 3 positive communication tools. Show and have your child imitate the following.

### **1. Talking or calm voice**

Say, “That’s mine in a fighting voice then talking voice.”

### 1. Talking or calm face

Scrunch your eyes to look fighting then soften your eyes to look relaxed and talking.

### 1. Helpful words

Brainstorm helpful and hurtful words. Determine words that are off limits to say such as, “*I hate you*” or “*You’re mean.*”

Now, pass the mad feeling pillow for everyone to share what can create mad feelings. Kids often benefit from the parent going first and using this sentence to get started. *I can feel mad when.....*

Make a family communication challenge to start noticing mad feelings so you can come back and pass the mad and share:

- A time you felt proud about how you managed a mad moment
- A time you wish you could do over
- A time you admired how someone in your family handled a mad moment

## Week THREE

# SORRY



## Become A “Second Chance Family”

Tell your family that everyone makes mistake with big feelings like mad, frustrated and sad.

Make an agreement that everyone gets a second chance to stop and re-do a moment when you act in ways you are not proud. (For example, when you accidentally use a fight voice, face, or hurtful words.)

Hold the sorry feeling pillow and share that sometimes it can be hard to own mistakes.

Explain that your family can practice using 2 helpful communication tools to own mistakes and make things better.

Show; Don't Tell

Keep SORRY on your kitchen table for family members to grab when SORRY is hard to say.

Brave in Front

Put the brave feeling pillow in front of the sorry and explain, “*We put our brave in front of our sorry so that we can use our courage to re-do hurtful moments.*”

**Parents lead the way in real life by:**

- Modeling taking re-dos. “*Let me take a re-do as I used a fighting voice.*”
- Asking other’s to re-do. “*Please take a re-do.*”
- Reminding your child to put their brave in front and re-do a moment in a kinder way. “Put your brave in front.”



## Week FOUR

### HOPEFUL



### Hopeful Thoughts

Bring out your hopeful feeling pillow and have a family discussion about each persons hopes and dreams for this year. Specifically, what is one thing each family member wants to see happen for themselves that will take practice, patience, and hopeful thoughts.

Pass the hopeful feeling pillow for family members to share hopeful thoughts one could use when their brain and heart feel discouraged.

For example, *“I can do anything I put my mind to.”*

Keep your hopeful feeling pillow somewhere where anyone can tuck it in their pocket on a day they might need a reminder to hold on to hopeful thoughts.



We are HOPEFUL that you have enjoyed these *Double Doses of Kimochis!*