

CREATE and PRACTICE the Kimochis™ Way

See page 261 for a reminder of the most important Keys to Communication for managing this emotion.

BE RESPECTFUL The following communication activities will help students be respectful when they feel mad.

● RESPECTFUL ACTIVITY 1

Cool Down Mad Feelings

PRACTICE

Cooling down before speaking
Thinking before speaking

Materials: Cloud, Mad

Sit in a circle. "When I pass you the Mad feeling, share one way you try to calm yourself down when you feel mad. 'It helps when I am mad if I ...'" (take a breath; think before I speak; say I feel mad; take a walk).

For students with social-emotional challenges, give lots of examples of "calm down" strategies. Some students may need a Calming Strategies card (page 63) as a reminder.

● RESPECTFUL ACTIVITY 2

Warn People How You Feel

Materials: Cloud

Sit in a circle. "Cloud has to be careful not to snap or be mean when he feels mad. Snapping means saying or doing something you'll regret. It helps Cloud to think before he speaks and to give a warning if he's about to thunder and rain on others. Let's practice warning people! I will go first, and when I pass Cloud to you, you can practice."

Hold Cloud and take the first turn modeling words your students can use to help them cool down and/or warn others when they are too angry to speak respectfully.

"I'm so mad right now, I better not talk until I cool down"; "Let me cool down a bit because I am really mad"; "You don't want to come near me because I am so mad."

Many students with social-emotional challenges struggle to control their anger. It may help students to visualize a stop sign in their minds as a way to stop themselves from doing or saying something unwise. To help them visualize, make a simple red stop sign that you hold up as they practice the sentences listed above.

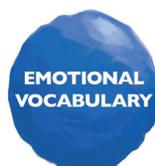
BE RESPONSIBLE The following communication activities will help students be responsible when expressing or listening to mad feelings.

● RESPONSIBLE Activity 1

Talking Face and Voice: "Tell, Don't Yell"

PRACTICE

Self-awareness and tone of voice and volume regulation



A **talking voice** is relaxed and quiet.

A **fighting voice** is loud and abrupt.

A **talking face** is smiling with wide open eyes.

A **fighting face** is pinched, mean, and scary.

"See if you can tell the difference between a talking face and voice and a fighting face and voice." Demonstrate the difference by saying each of the following words with either a fighting voice and face or a talking voice and face: "Stop!" "Hey!" "Move." Have your students guess which one you use for each word.

"Which voice is easier to listen to? Which voice would calm people down? When we feel upset, remember: Tell, don't yell."

For students with social-emotional challenges, use **Enhancement Strategy #2** (page 61) to help them really see the difference between the talking face/tone of voice and the fighting face/tone of voice. Remind students that they need to pay attention to both the facial expression and the tone of voice of the speaker.



Talking Face



Fighting Face