

“How could this game help you the next time you notice that a classmate is feeling cranky or in a bad mood?”

“Being in a cranky mood is not a bad thing. How we treat others when we are cranky is what really matters. And the way we react when others are cranky to us is important too.”

NOTE: The Kimochis™ Ripple Game is a big hit with kids. You can play anytime. Let students take turns being the leader and secretly choosing a feeling to begin the game. For example, if a student is excited about an upcoming field trip, they can be the leader of an “excited” ripple. This game makes for a great brain break anytime. Call “Freeze” when the signal makes it full circle and talk about the power of the chosen feeling. Remind students that sometimes feelings can influence the climate or mood of the entire classroom.

**BE COMPASSIONATE AND KIND** The following communication activities will help students develop compassionate, patient, and kind ways to treat others when they or friends are feeling cranky.

### ● **COMPASSIONATE AND KIND Activity 1** *Don't Take It Out on Me*

**PRACTICE**  
Kindness when friends get cranky

*Materials: Cat, all feeling pillows*

Sit in a circle and hold Cat. Put the feelings in the center of the circle. Say to your students, “People generally don’t act cranky because they are mean and want to make you mad. They act cranky because they are feeling ...” Have students pick feelings that might make someone act cranky and put them in Cat’s pouch. Then secretly pull a feeling from Cat’s pouch and act cranky because of the feeling. Here are some ideas to get started:

**Left Out:** I really don’t like it when Jordan and Jamie don’t let me play with them.

**Mad:** My mom was late picking me up again.

**Frustrated:** I have tried and tried to make a block tower but it keeps falling.

**Jealous:** I sure wish I had new shoes like his.

**Hurt:** He wasn’t very nice to me at recess.

Ask students to guess which feeling fueled the cranky comment. Remind students that the cranky tone of voice was not intentional, but rather caused by another upset feeling.

“When friends talk to you in a cranky way, it can be hard not to use that same cranky voice and face back. Now I’m going to make Cat sound cranky. Put your legs out in front of you if you have an idea of what NOT to say when someone acts cranky.”

“You sure are crabby.”

“Geez—you’re in a bad mood.”

“Be quiet!”

“Now put your legs out in front of you if you want to tell everyone a helpful thing to say when people act cranky.”

“I like you, but I don’t like when you get cranky.”

“I’m happy to play but not if you’re going to be cranky.”

“Hey, let’s have a good time.”

“It won’t be fun if we can’t get along.”

“After hearing ways to respond when someone is cranky, how would you like to be told not to be cranky? How do you react when someone is in a cranky mood and he takes it out on you?”

**Students with social-emotional challenges may need more explanation about the social consequences of being cranky (making the connection between**

their own behavior and its effect on others). Use When-Then boxes (page 62) to clarify this difficult concept.

## ● COMPASSIONATE AND KIND Activity 2

### *Cranky Can Get the Best of You*

#### PRACTICE

#### Patience, kindness, and forgiveness

*Materials: music, Cat, Cranky, Kind, Sorry*

“It is easy to be kind and patient when our friends are in a good mood and being nice to us. It is harder to choose kindness and patience when a friend is in a bad mood and is not acting nice. Raise your hand if this is true for you. When friends and family are in a bad mood, it’s a great time to show them that you can be patient and kind. What can you say or do when we see that someone is having a bad day?” (List on board.)

“You look like you’re having a bad day.  
Can I do anything?”

“Is there anything I can do, or  
would you just like to be left alone?”

“Do you need someone to listen?”

Simply smile at the person.

Give the person something thoughtful.

“What can we say or do when someone apologizes for being cranky?” (List on board.)

“That’s okay. I get cranky too.”

“Don’t worry. I know what it  
feels like to be in a bad mood.”

“Everybody gets in a bad mood  
sometimes. Not to worry.”

Stand in a circle. “I’m going to turn on music and pass the Cranky, Kind, and Sorry feelings around. When the music stops, those of you holding the feeling pillows will take part in a small show.”

Guide their interaction using the following:

**Cranky:** Act bossy to person holding Sorry and then apologize for letting a cranky mood get the best of you.

**Sorry:** Tell Cranky that you understand and forgive the bossiness.

**Kind:** Approach Cranky and say and/or do something kind.

Keep the game going so that the show gets repeated several times.

“How might this school be different if everyone agreed to be understanding and kind when friends make mistakes during cranky moods?”

For students with social-emotional challenges, write a Social Narrative (see page 63) about how it’s important to forgive others when they are cranky and mistakes. Brainstorm reminders for letting go (just forget about it, remember we all make mistakes, I’ve made mistakes). Include a sentence such as one listed in the activity above that the student can use as a script.