

## Lesson 2: Lovey Dove's Proud and Kind Feelings

**OBJECTIVE:** Children will identify proud and kind feelings and describe situations that create those feelings.

**CHARACTER PRINCIPLE:** Be Compassionate and Kind

**SEL COMPETENCY:** Self-Awareness

**VOCABULARY:** Kind, proud

**MATERIALS:** Lovey Dove with Kind and Proud Feelings tucked in her pouch

1. Ask the children what they remember about Lovey Dove.
2. Pull a name stick. If the child takes out the Kind Feeling from Lovey's pouch, say, "Lovey feels kind when she helps her friends. Clap your hands if you like being kind." Give an example of a kind act. "Here's what my face and body look like when I am kind. Show me what your face and body look like when you are kind."
3. Ask, "Who can come up and share a story with Lovey of when you were kind?" Give the prompt, "I was kind when I ...". Child can hold Lovey Dove and the Kind Feeling while sharing.
4. Pull a name stick. If the child takes out the Proud Feeling from Lovey's pouch, explain what proud means. "Proud is when we do something we feel really good about." Give an example: "Lovey feels proud when she is helpful to her friends."
5. Give an example from your life. "I was proud when I ...". Show a proud face and body.
6. Say, "Clap if you've ever felt proud. Show me your proud face and body."
7. Ask, "Let's think of some things we are proud of as a class." Say, "We are proud because ...". Child holds Lovey Dove and Proud Feeling while sharing what they are proud of as a class. Looking into Lovey's eyes and having something to hold are techniques that encourage talking.

## Lesson 3: Lovey Dove Is Friendly!

**OBJECTIVE:** Children will use Friendly Signals, when appropriate, in social situations.

**CHARACTER PRINCIPLE:** Be Compassionate and Kind

**SEL COMPETENCY:** Relationship Skills

**VOCABULARY:** Friendly Signals, friendly, head nod, high five

**MATERIALS:** Lovey Dove with Friendly Feeling tucked in pouch

1. Say, "Last time, Lovey taught us about proud and kind feelings. Today, she will teach us how to be friendly."
2. Pull a name stick. Child pulls the Friendly Feeling from Lovey's pouch. Say, "Lovey feels friendly when she meets new people. People feel happy when we send them Friendly Signals." Explain Kimochis Friendly Signals, demonstrating them one at a time, then have the children imitate each: smile, wave, head nod, high five, "Hello," and "Hi."
3. Use Lovey Dove to show Friendly Signals: Wave her wing, nod her head, use her wing to give a high five. Show the Friendly Feeling and remind children that Lovey Dove is kind and friendly.
4. Children can show and create new Friendly Signals for the classroom.
5. Pull two name sticks and ask the children to change seats. Instruct each child to use a Friendly Signal as they pass. For example, "Pass each other and give a high five." Some children may need prompting or you may need to repeat the model. Continue until all children have had a turn.
6. Wrap up by saying, "Lovey Dove will be watching for children using Friendly Signals!"
7. Invite children to take the Lovey Dove Challenge on page 172.
8. **See Week 11: Lesson 1** (page 141) if you wish to solidify the concept that kindness is important for managing emotions. The Kimochis Way is to be kind when others are unkind.

# WEEK 1: MEET LOVEY DOVE

## EXTENSION ACTIVITIES

### Activity 1: Color Lovey Dove and Turtle Dove

**OBJECTIVE:** Children will color and decorate a picture.

**AREA OF DEVELOPMENT:** Cognitive Development: Creative Expression and Appreciation for the Arts (develop and widen repertoire of skills that support artistic expression)

**MATERIALS:** Lovey Dove coloring template, markers or crayons

- Copy one Lovey Dove template (see page 42) for each child. Children can color and decorate Lovey Dove and Turtle Dove. Hang the pictures as a reminder for the children to use Friendly Signals.
- Children can describe proud, kind, and/or friendly moments for an adult to write on their picture. *"I was proud because I ..."* *"I was kind when I ..."* *"I was friendly when I ..."*

### Activity 2: The Friendly Signals Ripple Game

**OBJECTIVE:** Children will use Friendly Signals with peers in a game.

**AREA OF DEVELOPMENT:** Social-Emotional Development (interact positively with others)

**MATERIALS:** Lovey Dove with Friendly Feeling tucked in pouch

- Ask a child to pull the Friendly feeling from Lovey's pouch. Tell children, *"Lovey is very friendly! She likes to wave and give high fives."*
- Remind children how a Friendly Signal makes you want to be friendly back.
- Tell children this is a no-talking-allowed game. Start by making Lovey Dove wave to the child on your left. Prompt child to wave back. This child then uses Lovey to wave to the child on his/her left. Continue to pass Lovey Dove and the friendly ripple around the circle.
- Now send a smile and a wave to the child on your right. Pass this Friendly Signal around the circle. This can be a quick game to do before playground time or anytime to spark friendliness!

### Activity 3: Make a Friendly Nest for Lovey Dove

**OBJECTIVE:** Children will practice friendly signals while playing a cooperative game.

**AREA OF DEVELOPMENT:** Physical Development: Gross Motor Experiences (learn physical games with rules and structure)

**MATERIALS:** Ball of string or yarn, Lovey Dove and Turtle Dove

- Have children sit in a circle, either on chairs or on the floor.
- Start to make Lovey's nest by saying, "Hi, Andrew" and using one of the Friendly Signals the children learned in Lesson 3. Hold the end of the yarn and toss the ball to Andrew.
- Andrew holds the string, says another child's name accompanied by a Friendly Signal, and then tosses the ball of yarn to that child. (Help younger children hold on to one part of the yarn/string while they throw the rest of the ball.)
- This continues until a nest is made for Lovey. Make the nest strong enough to hold Lovey Dove and her baby, Turtle Dove. Undo Lovey's nest by throwing the yarn in reverse.