

CREATE and PRACTICE the Kimochis™ Way

See page 263 for a reminder of the most important Keys to Communication for managing this emotion.

BE RESPECTFUL The following communication activity will help students ask for what they need when feeling cranky.

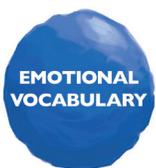
For students with social-emotional challenges, review what the talking face and voice look and sound like. Draw a visual of the talking face (smiling with wide-open eyes) and tone of voice (relaxed and quiet) on the whiteboard (see Enhancement Strategy #2, page 61).

● RESPECTFUL Activity I

Leave Me Alone

PRACTICE

Monitoring tone of voice and body language



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.

Materials: Cat, Cranky

Before the activity, tuck Cranky into Cat's pouch. Sit in a circle. "Different things can help during cranky moments. Some people like to be left alone or don't want people to talk when they feel cranky. Raise your hand if you like space when you feel cranky."

Then pass Cat around the circle for kids to share as they answer, "When I feel cranky, I want or need other people to ..."

When Cat returns to you, take the first turn in the center of the circle and yell, "Leave me alone. I'm in a bad mood." Pause and then say, "Give me a thumbs-up if you think I asked for space in a nice way. Give me a thumbs down if you think most people would be hurt or mad if they were spoken to like that."

"Let me try it again." Now use a talking face and voice and say, "Please leave me alone. I'm in a bad mood."

"Who wants to take a turn with Cat in the middle of the circle? First ask to be left alone with a fighting face and voice, and then ask to be left alone with a talking face and voice." Give several students a turn. Then ask:

"How can this game help us when we feel cranky in real life?"

"What is one thing you could say or do to let people know that you are feeling cranky so they understand that you may require more patience and personal space?"

"Does anyone notice that sometimes we are more cranky with our family than our friends at school?" Why do you think this is often true?"

"If a friend or someone in your family looks and sounds cranky, does that mean they are upset with you? Why is it important to remember that someone's cranky mood often has nothing to do with you?"



Talking Face



Fighting Face