

Lesson 2: Be Brave and Kind and Make Things Better

OBJECTIVE: Children will “see” when they have made a mistake and apologize for it.

CHARACTER PRINCIPLE: Be Brave

SEL COMPETENCY: Relationship Skills

VOCABULARY: “Sorry,” bandage, brave

MATERIALS: Cat, Cloud, Huggtopus, Lovey Dove, Cat’s bandages, Brave and Kind Feelings

1. Say, “We talked about how we all make mistakes. Is it okay to make mistakes?” Show Brave and Kind Feelings. “We can be brave and kind by saying we’re sorry when we make mistakes. This can make it better.”
2. Use the Kimochis® Characters to give children practice being brave and kind. If you have a second adult in the classroom you can model these role-plays first. Warn and remind children that the Kimochis® Characters are making mistakes to give us practice being kind.
 - **First role-play:** Have Huggtopus accidentally bump a child. Have Huggs make eye contact, call the child’s name, and say, “Sorry I bumped you. Are you okay?”
 - **Second role-play:** Have Cloud push a child. Have Cloud make eye contact, call child’s name, and say, “Oops, sorry I pushed you. You can stand here.”
3. Ask, “Who made a mistake? Is it okay to make a mistake? Did [Huggs, Cloud] make it better?”
4. Tell children that Lovey Dove will visit during center and playground time to remind children to be brave and kind and to redo hurtful moments, even when it’s an accident.
5. Show children Cat’s bandages. Explain that the bandages can help make owies feel better. When we make mistakes, we can feel better by redoing or trying again.

TEACHER TIP: CAT’S BANDAGES

Cat’s bandages are a concrete and powerful way to help children understand how words hurt. Use regular bandages by drawing a heart with a permanent marker to make them look just like Cat’s! Some younger children may become too interested in the bandages and lose focus on the concept.

TEACHING YOUNG CHILDREN ABOUT HIGHER LEVEL CONCEPTS

This lesson is not forcing apologies and forgiveness nor teaching children to use insincere apologies. Rather, this lesson teaches young children the reasons, timing, and steps to recover when we harm others. Children are taught to use the “manner” words, “Please” and “Thank You,” at a young age. They do not understand the concept, but still quickly learn when to use these “manner” words. When young children get a positive reaction for using these words, they begin to learn the tool is valuable. Over time and with cognitive development, children eventually understand the concept of manners. This same developmental process takes place when we teach young children early about apology and forgiveness.