

Remind students of Cat's in-charge personality that can sometimes sound bossy. Think with students about what feelings Cat could have at the same time she feels pride. (She could feel curious why no one else in her class can read the difficult books she can read.) Have students tuck these feelings inside Cat.

Then have students take turns secretly pulling out one feeling from either Huggs or Cat. Using the character as a puppet, have students act out how the combination of proud and the feeling they pulled could make it easy to accidentally brag.

After the puppet show, have students guess which feeling was mixed with Pride. The student who guesses can then do a second puppet show by having the Kimochis™ character act proud without bragging. Below are some suggested scenarios to feel proud about:

- Get to go somewhere fun this weekend.
- Elected student council representative.
- First one finished with math packet in class.
- Reading a challenging book for your age.
- Got a new bike
- Won a game.

**BE COMPASSIONATE AND KIND** The following communication activities give your students a nonverbal way to share kind thoughts and feelings with classmates and a continued way to keep the conversation going about important reasons to feel proud.

### ● COMPASSIONATE AND KIND Activity 1 *Heart of Pride*

**PRACTICE**  
Sharing kind thoughts about why  
a classmate can feel a sense of pride

*Materials: students' school pictures, large paper hearts, glue, music, colored markers*

Before the activity, glue each student's photo to a heart. Write these words on the board:

humor, kind, patient, generous, thoughtful, friendly, forgiving, honest, helpful, smart, fair, creative, fun.

"We are going to look at the many reasons we can each feel proud. Each of you will find a heart with your picture on your desk. When I turn on the music, you are going to travel clockwise around the desks and write a message to each classmate, giving a reason they can feel proud. Be sure to use one of the words on the board in each message you write."

NOTE: Many kids will keep these hearts forever. I know many older students who still have theirs hanging on their wall many years after taking part in this heartfelt activity.

**Some students with social-emotional challenges may have difficulty with the writing, spelling, or language expectations of this task. Pair students up, and have the student with the best written expression skills write the messages on the hearts.**

### ● COMPASSIONATE AND KIND Activity 2 *Proud Talk*

**PRACTICE**  
Thinking and speaking kindly of accomplishments

Bring Lovey and Proud to a Class Meeting to celebrate your students' accomplishments. Invite students to join Lovey in the center of the circle to share something they feel proud about. Everyone gets to listen and practice sharing in their joy. You can also invite students to verbalize something they witnessed that they feel a classmate can feel proud about. For example, "I want to say that Phillip should be proud that he has been helping a couple of boys on the kindergarten playground who have had a hard time making friends."

**For students with social-emotional challenges, model using Kimochis™ Notes and Mailboxes (page 49). Fill out notes as students share proud moments. Notes can be given during the lesson or put in mailboxes.**