

2. Ask the children to close their eyes again and put their head down. Ask them to raise their hand if they noticed someone else feeling left out at recess. Ask the children to keep their hand up if they tried to include this classmate.
3. Tell the children that if they ever see anyone who looks like they want to play, simply ask, “Do you want to play?” Likewise, tell the children that when they feel left out, they can simply go to any child in the class and say, “That looks fun. Can I play?”
4. Take the Lovey Dove Challenge on pp. 172 for another way to create a positive recess experience. Read through Week 15 and make friendliness the way of your classroom.

KIMOCHIS® WINGMAN

Some children are slow to make decisions on where to play or are less confident joining new friends or trying novel play areas. This check-in tool is a tangible way for children to navigate their social world at school.

1. Lovey Dove and Turtle Dove can help you teach the concept of “taking others under your wing.” Bring out Lovey with her baby, Turtle Dove, tucked in the pocket under her wing. Lift the wing so Turtle Dove is visible and ask, “Why do mommy and daddy birds tuck their babies under their wing?” Children will talk about keeping the baby safe or protected. Explain that at school, we can take our friends under our wing to help them feel included, safe, and protected.
2. Ask the children:
 - “What do you like to do at recess?”
 - “Raise your hand if you like to play ...” Name an area or game a child just named.
 - “Can anyone who wants to play in the sandbox join you?”
 - Prompt children to say, “Yes.”
 - “Raise your hand if you would like to play in the sandbox too.”
 - “Who would like to take Sadie under your wing and bring her with you to the sandbox?”
3. Now create a role-play or show so the children can practice going up to the friend and saying it is time to go to the sandbox, do they want to come along?
4. Remind the children that when we take someone under our wing:
 - We invite them to play.
 - We play.
 - We walk back to the classroom together.
5. Once you have done the first lesson on “taking others under your wing,” all you have to do before recess is say:
 - “Where is everyone playing? Anyone need to be taken under a wing?”
6. It is a nice touch to occasionally ask the children to share how it felt to be both the wing and the one taken under a wing. Don't be surprised if you hear one of them say, “I need a wing.”

KIMOCHIS® FOR GOOD-BYES AND SEPARATION ANXIETY

It's natural for a young child to feel anxious when saying good-bye to a parent. Explain that although it can be difficult on parents and children, separation anxiety is a normal stage of development. Reassure parents that in early childhood, crying, tantrums, and clinginess are healthy reactions to separation. A little worry over leaving Mom or Dad is normal, even when children are older.