

For Educational Use Only

Kimochis[®]

social and emotional learning



The Playful and Powerful
Social Emotional Learning Tool

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The Parenting Partner

Ellen Dodge, M.ED., CCC-SLP

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Happy

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Sad

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Mad

The Feeling-Behavior Link
The Positive Behavior Tool



Feelings fuel behavior!
ALL feelings are OK. ALL behaviors are not.



MAD



FRUSTRATED



LEFT OUT

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Build Feeling Vocabulary and Ease

ABC, 1,2 3... Cat, Dog, Cow



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Allow Your Child to Have ALL the
Feelings



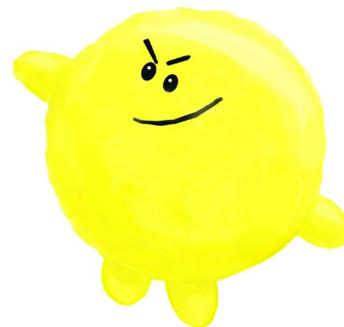
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Kind

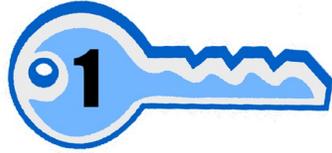
Feelings Have Stories

Help Kids Regulate Feelings



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Kimochis 5 Keys to Communication



Get someone's attention.

SEL TOOLS: *Eye contact, Communication Tap*



Use a talking voice.

SEL TOOLS: *Talking Voice, Fighting Voice, Serious Voice*



Use a talking face and body.

SEL TOOLS: *Talking Eyes, Fighting Eyes, Serious Eyes*



Choose helping words.

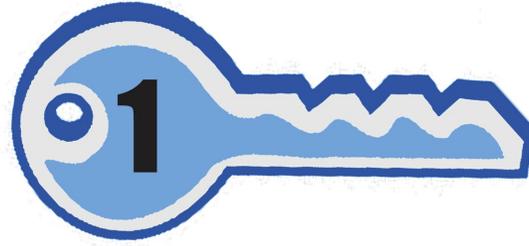
SEL TOOLS: *Helping vs Hurting Words, "Ouch"*



Redo hurtful moments.

SEL TOOLS: *Everyone Makes Mistakes, Kimochis Re-do*

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KEY 1

Get Someone's Attention



We have a common language

- Eye Contact
- Communication Tap

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KEY 2

Use a Talking Voice



We have a common language

Talking Voice

Fighting Voice

Serious Voice

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KEY 3

Use a Talking Face and Body

We have a common language



Talking Eyes
Fighting Eyes
Serious Eyes

Talking Hand

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KEY 4

Choose Helping Words



We have a common language

Helping vs. Hurting

“Ouch”

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KEY 5

Redo Hurtful Moments



We have a common language

Redo hurtful moments

Be a second chance family

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REMEMBER YOUR KEYS!

