

Kimochis

In Term 2 we are meeting and will be using 5 special plush toys to learn about emotions. These toys are called Kimochis (*kimochi* means feeling in Japanese) and is a Social Emotional Educational program, originating in the US. This program is effective in educating children to understand, name and recognize emotions. Each character has specific emotions that they frequently exhibit and through role play and discussion the children learn how best to deal with these emotions. Emotions are not labeled as 'bad' or 'good', it is how the person feeling them reacts to that emotion that determines the outcome- positive or negative.

The Kimochi characters are:

| Name | Characteristics | Emotions |
|--|---|---|
|  <p>Cloud</p> | <p>Cloud is a bit moody and unpredictable, just like the weather. When Cloud is happy, he spreads sunshine, but when you turn his head, his sad face signals that he might rain on your parade. Cloud feels happy when all of his Kimochi friends are together. Cloud feels sad when he's not included. Cloud feels mad when someone takes his toy.</p> | <p>Sad Happy Mad</p> |
|  <p>Bug</p> | <p>Bug is a caterpillar who is afraid of change. Although he feels afraid, Bug secretly dreams of flying. When he feels cautious, you can tuck his wings away in his back. When he feels brave, you can spread his wings to make him fly! Bug feels shy when meeting new people. Bug feels brave when he tries new things. Bug feels left out when his friends think he doesn't want to play when he's being quiet.</p> | <p>Shy Brave Left Out Scared</p> |
|  <p>Cat</p> | <p>Cat loves to be in charge, but she can sometimes be a little bit bossy. Now and then, her bossiness can lead to confrontation, or a 'cat fight'. That's why she comes with bandaids, to help heal hurt feelings. Cat feels happy when she gets to be the leader. Cat feels cranky when she can't have it her way. Cat feels curious about why her friends won't play her way.</p> | <p>Cranky Curious Sorry</p> |
|  <p>Huggtopus</p> | <p>Huggtopus is all smiles and hugs. She is affectionate and strong and sometimes gets a little carried away by her big, friendly personality. Huggs always means well, but she has to learn about respecting others' boundaries. Huggtopus feels proud because she has 6 legs. Huggtopus feels silly most of the time. Huggtopus feels frustrated when her friends don't feel silly or happy.</p> | <p>Excited Frustrated Silly Proud</p> |
|  <p>Lovely Dove</p> | <p>Lovely Dove is sweet and nurturing and, like all doves, tries to keep the peace. Because she's a mum, she tends to worry. Lovey keeps her baby, Turtle Dove, tucked gently under her wing. Lovey feels kind when she helps her friends. Lovey feels happy when she's helpful. Lovey feels proud when she treats people the way she wants to be treated – kindly and with friendliness.</p> | <p>Proud Kind Friendly</p> |
|  <p>Clover *</p> |  <p>Bella Rose *</p> | <p>*yet to arrive</p> |