



# Kimochis®

## SOS Kimochis for Early Childhood Kimochis to the rescue for challenging behavior



Please see your Kimochis Feel Guide: Early Childhood Edition for the pages referenced below.

Character	Feelings SEL Tools	Story	Personality
CLOUD 	Happy, Mad, Sad • Self-Regulation	<ul style="list-style-type: none"> <li>Lives in the sky</li> <li>Favorite number: 9</li> <li>Favorite color: gray</li> <li>Loves butterscotch pudding and tea</li> </ul>	<ul style="list-style-type: none"> <li>Unpredictable; happy one day, then mad or sad</li> <li>Can be moody</li> <li>Working on controlling his emotions</li> </ul>
<p><b>SOS Tools:</b></p> <p><b>Manage Moods and Anger:</b> Calm Down Breath (Pg. 56)  <b>Yelling:</b> Serious Voice and Serious Face (Pg. 194)  <b>Grabbing:</b> The Talking Hand (Pg. 113)  <b>Pushing:</b> Stop Hands (Pg. 165)  <b>Hurting Words:</b> Big Mean Things That Aren't True (Cloud's picture book)</p> <p><b>Helpful Kotowaza:</b> <b>Mad:</b> It's Okay to be Mad, But It's Not Okay to be Mean (Pg. 192)</p>			
BUG 	Brave, Left Out • Self-Talk	<ul style="list-style-type: none"> <li>Lives in a manzanita tree</li> <li>Favorite number: 2</li> <li>Favorite color: magenta</li> <li>Loves honey</li> <li>Plays the mandolin</li> </ul>	<ul style="list-style-type: none"> <li>Smart &amp; very thoughtful</li> <li>Cautious &amp; a little scared to try new things, but he dreams of flying</li> <li>Afraid of change</li> <li>Shy &amp; can get left out</li> </ul>
<p><b>SOS Tools:</b></p> <p><b>Fear of New Things:</b> Bug can try new things (Pg. 75)  <b>Inclusion and Slow to Warm:</b> Use your eyes and ears to be kind (Pg. 186)  <b>Hurtful Moments:</b> How to redo a hurtful moment (Pg. 128)</p> <p><b>Helpful Kotowazas:</b> <b>Left Out:</b> Make Room for Everyone (Pg. 179)  <b>Brave:</b> Put your Brave in Front (Pg. 208)  <b>Kind:</b> Take the Time to Be Kind (Pg. 140)</p>			

# Kimochis®

## SOS Tools for Early Childhood Kimochis to the rescue for challenging behavior


Please see your Kimochis Feel Guide: Early Childhood Edition for the pages referenced below.

Character	Feelings SEL Tools	Story	Personality
<p>HUGGTOPUS</p> 	<p>Silly, Frustrated</p> <ul style="list-style-type: none"> <li>• Attention and Focus</li> </ul>	<ul style="list-style-type: none"> <li>• Lives in a swimming hole</li> <li>• Favorite number: 8</li> <li>• Favorite color: pink</li> <li>• Special treat is bubblegum!</li> <li>• Plays the xylophone</li> </ul>	<ul style="list-style-type: none"> <li>• Silly, excited, sometimes, out of control</li> <li>• Gets too close to friends</li> <li>• Not aware of others' needs</li> <li>• Can make anyone feel better</li> </ul>
<p><b>SOS Tools:</b></p> <p><b>Interrupting:</b> Recognize the Not Now signal (Pg. 66)  <b>Cutting in Line:</b> Let's practice getting attention when they cut (Pg. 98)  <b>Special Differences:</b> Name It (Pg. 250)  <b>Rough and Tumble Play:</b> Too excited (Pg. 163)</p> <p><b>Helpful Kotowazas:</b> <b>Excited:</b> Fun has to be fun for everyone (Pg. 162)  <b>Silly:</b> Know when to be silly and when to be serious (Pg. 216)</p>			
<p>CAT</p> 	<p>Curious, Cranky</p> <ul style="list-style-type: none"> <li>• Re-Do Hurtful Moments</li> </ul>	<ul style="list-style-type: none"> <li>• Lives in a cherry blossom tree</li> <li>• Favorite number: 10</li> <li>• Favorite color: purple</li> <li>• Loves warm milk &amp; almond cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Is a strong leader, but can be too bossy</li> <li>• Can get cranky &amp; take it out on her friends</li> <li>• Is practicing how to redo her mistakes</li> </ul>
<p><b>SOS Tools:</b></p> <p><b>Bossy Talk:</b> Cat, Talk Nicely (Pg. 86)  <b>Redo Hurtful Action:</b> Be Brave and Kind and Make Things Better (Pg. 129)</p> <p><b>Helpful Kotowaza:</b> <b>Curious:</b> When Curious, Be Safe and Kind (Pg. 240)</p>			

# Kimochis®

## SOS Tools for Early Childhood Kimochis to the rescue for challenging behavior

Please see your Kimochis Feel Guide: Early Childhood Edition for the pages referenced below.

Character	Feelings SEL Tools	Story	Personality
<p>LOVEY DOVE</p> 	<p>Proud, Kind • Compassion and Empathy</p>	<ul style="list-style-type: none"> <li>• Adopted her baby, Turtle Dove</li> <li>• Lives in a Japanese maple tree</li> <li>• Favorite number: 11</li> <li>• Favorite color: yellow</li> <li>• Loves carrots, raisins</li> <li>• Loves to sing</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet and loving</li> <li>• Proud of her friends</li> <li>• Hopeful that everyone will get along, anxious when they don't</li> <li>• Sends friendly signals</li> <li>• Acts and speaks in kind ways</li> </ul>
<p><b>SOS Tools:</b></p> <p><b>Friendly Climate:</b> Friendly Signals (Pgs. 46 and 48)  <b>Inclusion:</b> Kimochis Wingman (Pg. 22)  <b>Appreciations:</b> Lovey Dove's Proud Nest (Pg. 250)</p> <p><b>Helpful Kotowazas:</b> <b>Friendly:</b> Friendly Faces Create Friendly Places (Pg. 170)  <b>Proud:</b> Proud of You... Proud of Me (Pg. 248)</p>			