



Kimochis®

BE A FEELING DETECTIVE



HAPPY



SAD



MAD



SCARED



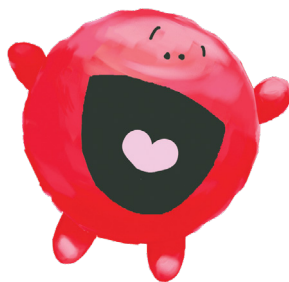
BRAVE



SHY



LEFT OUT



EXCITED



SORRY



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Getting Started as a Feeling Detective

Activity #1: Meet your Kimochis Feeling Helpers

The most important thing: Kimochis is a tool to help with BIG feelings.

1. Print the Kimochis: Be A Feeling Detective chart on the previous page and give it to your child, so he/she can start exploring all the new feeling faces.
2. Share that we all have feelings inside and that feelings like to be felt and talked about.
3. Explain that people show feelings on their faces. Point to the happy feeling and share that people often smile when they feel happy. Show each other your happy faces.
4. Point to the sad face and share that people often frown or cry when they feel sad. Show each other what your sad faces might look like.
5. Once you and your child have had time for feeling exploration, go beyond happy and sad by playing a game called, Point to the Feeling.
6. Invite your child to point to one feeling face at a time.
7. Parents do the following when your child points to a feeling; invite your child to imitate you.
 - Say the feeling word
 - Make the feeling face
 - Make the feeling sound if applicable
8. Share how that feeling comes up for you: *“I feel excited when we go to the park.”*
9. Ask your child to share what can make him/her have each feeling. Younger children often do well when grown-ups give this starter sentence: *“I feel happy when...”* You can also share when you believe you witnessed your child having this feeling. For example, *“It looked like you might have been feeling shy when we met our new neighbors. Were you feeling shy?”*
10. Together, choose a place to post your new Kimochis: Be A Feeling Detective chart – such as on your refrigerator, bulletin board, or child’s bedroom wall. (Call this chart your Family Feeling Helpers. Share that Kimochis is a tool to help with BIG feelings as everyone has feelings and everyone can use help with feelings.)

BONUS IDEA:

Begin making it a habit to point out people’s facial expressions, and how people respond to others’ feelings in kind and compassionate ways. For example, *“Look at your baby brother’s face. He looks sad. Can you think of something you can do to help his sad feel better or smaller?”*

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Activity #2: Become A Feeling Detective Game

The most important thing: Make feelings fun and a part of everyday life.

1. Print and laminate a second Kimochis: Be A Feeling Detective chart so you can enjoy connecting with your child and teaching about feelings on the go.
2. Explain that a detective is a person who looks to find things.
3. Share that your family is going to play a game called, Be a Feeling Detective.
4. Each day, invite your little one to pick the feeling that your family will look for all day long. For example, “*Where is happy today? Where is shy today?*” This helps your child label feelings just like parents help children label animals, colors, shapes, and other things in their world to teach vocabulary and awareness.
5. Bring your Family Feeling Helpers on errands and outings. Be playful and notice animals’ feelings as well as those of people. For example, “*Look at that squirrel who looks scared.*”
6. Consider leaving a copy of Family Feeling Helpers in your car to play the I Spy a Feeling game to talk about feelings. Have your child point to the feeling when they are having both enjoyable experiences and struggles.
7. To end each day, consider inviting your child to bring his/her Family Feeling Helpers to dinner and talk about the feeling of the day.

BONUS IDEA:

Kimochis Family Feeling Helpers are a very effective cool down tool. When your child is melting down with emotion, ask him or her to go get their Feeling Helpers. Tell your little one that together you can make things better.

Pointing to feelings can help your child feel understood. (Remember, young children don’t have all the feeling words YET, so this allows your child to show rather than tell.)

This pointing action, and you showing you care, can also help to calm your child’s emotional engine thus making learning how to handle BIG feelings easier. It also gives parents time to think of what to say and do rather than accidentally reacting as parents have feelings too!