

Kimochis®

Social Emotional Learning Workshop for Preschool, TK, and Kindergarten Professionals



Bring a Kimochis Training to your school to create confident, connected, and compassionate kids!

You'll learn to promote emotional intelligence and wellbeing by fostering the following five core social and emotional competencies, outlined by the Collaborative for Academic and Social and Emotional Learning (CASEL), and create emotionally strong and resilient kids.

1. Self-Awareness (*I am aware of what I am feeling*)
2. Self-Management (*I have helpful communication tools to manage big feelings with care and kindness*)
3. Social Awareness (*I am aware of what others are feeling*)
4. Relationship Skills (*I show I care what others feel and use tools to stay connected and kind*)
5. Responsible Decision Making (*I have tools to help me make choices that are kind and caring to me and others*)

Promote academic achievement by supporting resiliency and focus during instructional moments (*I have tools to bounce back [resiliency] and persevere when I have feelings that make learning challenging*).

Learn Kimochis positive communication tools to replace challenging behaviors such as grabbing, yelling, interrupting, cutting in line, and unkind words.

Engage children at morning meeting and integrate social and emotional learning (SEL) throughout the school day with the Kimochis feeling pillows and characters.

Collaborate with parents to create a caring school community where ALL feel welcome and ALL belong.



Kimochis for Preschool, TK, and Kindergarten

THE KIMOCHIS EARLY LEARNING CURRICULUM

The Kimochis Early Childhood Curriculum is designed to give children the knowledge, skills, and attitudes they need to recognize and manage their emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations constructively. These skills have been identified by leading researchers in the field of social and emotional learning as necessary for school success, academic achievement, positive social relationships, and the development of emotional competence.

THE DEVELOPMENT OF THE KIMOCHIS EARLY CHILDHOOD CURRICULUM

Lessons and activities for the Kimochis Early Childhood Curriculum consistently refer to important conceptual paradigms and research findings. In addition, the following important elements necessary for a sound social-emotional learning program were considered:

- Five Core Social-Emotional Competencies (CASEL)
- Positive Behavior Supports Based on the Teaching Pyramid Model from CSEFEL
- Alignment with standards (Head Start, numerous state standards)
- Research and Resources
- The Young Child's Brain and Social-Emotional Development
- Emotional Intelligence (Emotional Competence)
- Development of Emotional Literacy
- Instructional Design In Social-Emotional Learning Programs
- Influence of Character Education Principles
- Cultural Considerations
- Gender Differences
- Strategies and Enhancements for Children with Social-Emotional Challenges

LEARNER OUTCOMES

- Understand and articulate how to set up the Kimochis Social Emotional Learning (SEL) Program in the classroom, and how to integrate SEL throughout the school day.
- Express the connection between feelings and behavior for both academic and social behavior.
- Demonstrate how to respond with positive discipline to the top five challenging behaviors in early learning, using the Kimochis Keys to Communication, feeling pillows, and the Kimochis Characters.
- Choose three specific ways to support a climate and culture that is inclusive, welcoming, tolerant, and kind for all families.
- Create a simple plan for how to collaborate with parents so school and home use a common language to promote SEL.



<https://kimochis.com/training-request>

LEVEL OF TRAINING: Beginner

DURATION: 6 Hours

REQUIRED MATERIALS:

[Kimochis® Educator's Tool Kit for PreK, TK and K \(Early Childhood\)](#)