

Kimochis®

Social Emotional Learning Workshop for Professionals working with Elementary (Grades 1-5)



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, unkind words, and unkind actions.

Engage students in your class 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 Elementary (Grades 1-5)

THE KIMOCHIS CURRICULUM TRAINING

Join this highly engaging workshop to help promote emotional intelligence and wellbeing in Elementary (Grades 1-5). Foster the five core social and emotional competencies outlined by the Collaborative for Academic and Social and Emotional Learning (CASEL) to create emotionally strong and resilient students. These strategies help students to listen, speak, and act in ways that keep a strong communication connection with each other, even in challenging social and academic situations! Lessons and activities from the Kimochis curriculum utilize strategies from a restorative practices model and can be used as part of your school/organization's positive behavior intervention supports (PBIS). Participants will be introduced to the Kimochis "emotional vocabulary" and SEL Tool Box that gives educators, parents, and children a common language to guide positive behavior in social and academic settings. At the completion of this workshop, participants will feel prepared to introduce the Kimochis multidimensional intervention system as a prevention and intervention tool that will help build a strong, mutually respectful, safe, and inclusive school community!

THE DEVELOPMENT OF THE KIMOCHIS CURRICULUMS

Lessons and activities for the Kimochis Grades 1-5 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)
- Alignment with standards (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



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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, to promote emotional intelligence and wellbeing.
- Learn how to adjust the facilitation of the Kimochis (SEL) program to meet the varied development needs of students across all grades within your school.
- Express the connection between feelings and behavior and demonstrate how to use Kimochis as part of your school's Positive Behavioral Intervention Support (PBIS).
- Demonstrate how to respond with positive discipline to the top five challenging behaviors in Grades 1-5, using the Kimochis Keys to Communication, Feeling Pillows, and the Kimochis Characters.
- Create a simple plan for how to collaborate with parents so school and home use a common language to promote SEL wellbeing.