CARMEL CREEK GUIDANCE

Social Emotional Learning

Coming up at Carmel Creek is our annual Great Kindness Challenge. During the week of January 25-29 the challenge is for every student to do 50 acts of kindness.

There will be various activities for students to participate in during recess, lunch, and classroom time.

A checklist will be sent home with different ideas on how to be kind at home too!

Visit GreatKindnessChallenege.org for more information

Empathy

Empathy is defined as the ability to understand and share the feelings of another. Some people call it taking a walk in another persons shoes.

Unit 2 of the Second Step program is geared toward teaching kids the meaning and importance of empathy, and how to show it.

Students are able to identify others feelings based on physical, verbal, and situational cues. They will be able to distinguish between comfortable and uncomfortable feelings. By being able to name and understand others feelings, it enables students to make and sustain compatible and healthy friendships.

Kimochis

Keys to Communication

To start off the year we will be focusing on the 7 keys to communication. These are important steps to communicating effectively even in emotional moments.

🔑 Get Someones Attention

🔑 Use a Talking Voice

🔑 Use a Talking Face & Body

🔑 Choose Helping Words

🔑 Redo Hurtful Moments

🔑 Be Kind & Let Others Redo

🔑 Assume the Best

Be a Kimochis Kid

"With fun activities to practice tone of voice, body language, and appropriate words to use during emotional moments, students will learn techniques for managing life's challenging moments with character and confidence." -Ellen Pritchard Dodge

Throughout the year I have the privilege of going to each class and participating in Kimochi feelings lessons which are fun and easy activities to bring social-emotional learning and character education to the classroom.

Looking Ahead:
Unit 3: Emotion Management
Meeting the Kimochis Characters