



Kimochis

Description: Kimochis is a program that teaches real-life skills. These skills include communication, self-management, decision-making, problem-solving, and responsibility. As the students learn to identify and communicate their feelings/ emotions effectively and appropriately, they build confidence, self-esteem, and strong/ healthy relationships.

Kimochis is delivered to the students through Kimochi plush characters that have feeling pillows inside. It also comes with a variety of Kimochi stories, Kimochi activities, and other books and activities that can be used during the lessons.

Purpose or goal of the program: The purpose of Kimochis is to give students the knowledge, skills, and attitudes they need to recognize and manage their emotions, show empathy for others, build positive relationships, make responsible decisions, and handle challenging situations effectively.

Number of participants needed (max/min): Can be run with any number of students in a classroom.

Materials & space needed: Kimochis guide, Kimochis characters and feeling pillows, Kimochis character books, and other supplies depending on the activity. The classroom is enough space depending on the activity.

Supervision needed: Recommended to have a minimum of 1 teacher and 1 facilitator

Time commitment: Approximately a 12-week program with 40-80 Minute sessions. Can be ran longer or shorter depending on the grade. There are a ton of lessons and activities to pick from.

Cost: Initially: The Kimochis tool kit. Rest varies of activities used.

Ideas (if applicable): There is a military kit that can be used to help military families with emotions and feelings revolving around military life and deployments.