



COOMERA  
ANGLICAN  
COLLEGE

29 April 2019

Dear Parents/Guardians

This term our Year One students will participate in our Kimochis social-emotional learning programme. The feelings we will learn about this term are: Angry, Brave, Left Out and Silly. During our weekly sessions we will discuss what makes us feel each of these feelings and how all of us feel these emotions at one time or another. We will then learn how to recognise in our bodies what happens when we feel each of these emotions and how to respond effectively to them.

For new parents to the College, the Kimochis social-emotional learning programme teaches children positive habits to lead happy and successful lives. The programme uses Kimochis, toys with 'feelings inside'. Kimochi means "feelings" in Japanese, and the curriculum is based on research that tells us that a strong social-emotional learning foundation is essential to academic and life success.

The lessons in the Kimochis curriculum teach real life skills, such as communication, self-management, decision making, problem solving, resilience and responsibility. These are the skills that help us all become successful in life and in education. When children learn to communicate their feelings effectively, they build confidence, self-esteem, and strong relationships.

As the term unfolds, ask your child about what they learned in their Kimochis lessons when they come home from College and encourage them to practice the skills discussed in 'real life' scenarios. Talk to them about their feelings and plan family time to practice communication skills and expressing emotions appropriately.

If you have any questions about the programme, feel free to contact either of us via phone or email. We look forward to implementing this programme during the term.

Yours sincerely

Ben Campbell  
HEAD OF STUDENT DEVELOPMENT P-6

Kerry Lowe  
PSYCHOLOGIST/PRIMARY COUNSELLOR