

Kimochis Mini-Course

Presented By



COLORADO
Department of Education

Helping Students with Disabilities to Manage Their Emotions

What is Kimochis?

If you have
been feeling
a little



CRANKY

and are



EXCITED

about seeing
friends
again, but
also a little



SCARED

too:

Join us in this adventure with Kimochis and help kids learn how to talk about and manage hard-to-have feelings.

Kimochis are, on the surface, a family of cuddly critters and a big bowl of emotions. Underneath, is a proven system for helping kids grow and transform by dealing skillfully with their feelings.

Participants will learn the 5 Keys to Communication, new words to express feelings, and new strategies to deal with feelings.

This mini-course is perfect for teachers and SLPs, is easy to implement, offers a starter kit to get you going implementing Kimochis, and two follow up coaching sessions for questions.

REGISTRATION LINK

Registration open through September 20, 2021, or until the course is full.

Email Amanda Nieser, nieser_a@cde.state.co.us, with any questions.

Requirements to Receive Materials

In order to receive the Kimochis Mixed Bag of Feelings and Kimochis Mini-Cloud materials pack, participants must:

- Attend the full 2.5-hour training on September 24, 2021.
- Be among the first 100 participants to submit an Action Plan with a passing score, stating your audience and steps and measures to accomplish your goal (rubric will be provide at the training).

Requirements to Receive Credit

In order to receive four (4) CDE contact hours (no partial credit available), participants must:

- Attend the full 2.5-hour training on September 24, 2021.
- Attend both 45-minute coaching sessions on October 29 and December 3, 2021.

Course Dates & Information

- **September 24, 2021, 1:00 - 3:30pm:** 2.5-hour training.
- **October 29, 2021, 3:30 - 4:15pm:** 45-minute live Q&A session #1.
- **December 3, 2021, 3:30 - 4:15pm:** 45-minute live Q&A session #2.
- **Space is limited.** Priority will be given to Colorado public school educators who register with their school/district/BOCES email, register as part of a 2+ person team that includes an SLP and a special education teacher working with students struggling with social/emotional/behavioral needs, and who work with elementary age students.