

Hí, I'm Cat!



My Story...

I live in a Cherry Blossom Tree and I like to keep my house tidy and love to host tea parties.

Favourite number: 10

Favourite colour: Purple

Loves to snack on toasted almond cookies and warm milk.

I can help you with...

- Apologizing and forgiving
- Making safe, wise, kind choices
- Managing cranky feelings

Cat be very persuasive. When a leader is needed they can always count on Cat. Cat loves to be in charge, but she can sometimes be a little bit bossy. That's why she comes with bandages to help heal hurt feelings. Cat is full of surprises! She can sometimes feel a little prickly on the outside but she has a soft centre.

Cat feels **happy** when he gets to be the leader.

Cat feels **cranky** when he can't have his way.

Cat feels **curious** about why things happen.

Meet Cat! (Information for Parents)

Cat can help teach your child about the feelings curious, cranky and sorry. Cat is our Kimochis® Character who knows what she wants, why she wants it and why she wants it! When Cat makes up her mind, there is no stopping her. When the group needs a leader, Cat is always ready to help. She loves to be in charge, but this means she can sometimes be a little bit bossy. Cat doesn't mean to hurt her friends but this can sometimes happen so she comes with bandages to help her redo times when she does make a mistake and hurt someone's feelings.

Some ideas you can talk about and try with your children

Common Language

“Talk Nicely”: A child can say this to remind a friend who is using bossy talk to talk in a friendlier way.

- Admire your child's positive leadership qualities, “I can tell your friends are happy to use your ideas because you say them in a friendly tone of voice.”
- Notice when you use an unnecessary tone of voice that could sound cranky or bossy, “I better start again. My voice is sounding a bit cranky!”
- Remind your child to use a talking tone, “Why don't you try that again? It sounded a bit bossy. Can you ask me in a friendly tone?”

Family Fun: Playful Ways to Practice

Curious Hunt: Go for a walk and notice things you haven't before. Talk about how curiosity leads to finding new things.

Cranky Busters: Everybody gets cranky from time to time. Humour can help people to get out of this kind of mood sometimes. With your family develop a fun plan to help if someone is feeling cranky. Perhaps a special hat that anyone can wear when they are cranky. It will also help others know that the person may need a little time and space and to be a bit patient.

Follow the leader: Play the game with all the family. Take turns to be the leader and give directions, such as “Do 10-star jumps!” If the leader is using a bossy voice, take the opportunity to use a kind, calm voice and use the language “Remember to talk nicely” then have them redo the direction so that everyone can follow.

