

HOW DOES KI FEEL?



●
●
●

A CONVERSATIONAL BOOK

mochi

Foreword

Drawing and colouring are safe and fun activities that many children like to do with their parents. These activities offer precious opportunities for conversation. Parents can take advantage of these shared moments to learn more about how their children feel and think about the world around them.

This resource was created to facilitate conversations with young children who sometimes struggle finding the right words about feelings about to climate related events and experiences, as a companion resource to the book titled, What is Climate Distress and How Can Parents Support Their Children? We hope these resources will help parents navigate challenging times, such as when they are recovering from an extreme weather event or navigating various aspects of the climate crisis.

This resource has been possible thanks to Mochi4ThePlanet, an initiative funded by the Social Sciences and Humanities Research Council of Canada.

For more information, visit www.mochi4theplanet.com/



How to use this book

This book is designed to facilitate conversations between adults and young children. Parents may use this resource to talk with their young children about feelings and emotions. It is recommended that parents read the companion book titled, *What is Climate Distress and How Can Parents Support Their Children?* to learn more about emotions, coping, and resilience in the context of climate change.

To stimulate children's imagination, the book briefly introduces parents and children to the Mochis, little imaginary creatures who are facing a wicked problem on planet Kibou, their home. This problem is making Mochis feel all kinds of emotions,

This open-ended and mysterious narrative will continue throughout the book, allowing children fill in the intentional blanks with the support of their parents. As parents and children co-construct their stories, they will choose where and how far the conversation will go.

The open-ended narrative also allows this book to be as needed. Every time that parents and children engage with this resource, they will have a chance to revisit their narrative, build on their previous co-creation, or invent brand new stories.

Children have tremendous imagination and creativity. We hope parents will let their children take the lead on this co-creation process and gently guide them through the experience.





We are little creatures living on Kibou,
a far away planet in the Fireworks Galaxy.



Something is happening on Kibou that's making Mochis feel all kinds of feelings



What do you think
is happening to
Kibou?

Meet Ki,

a young mochi

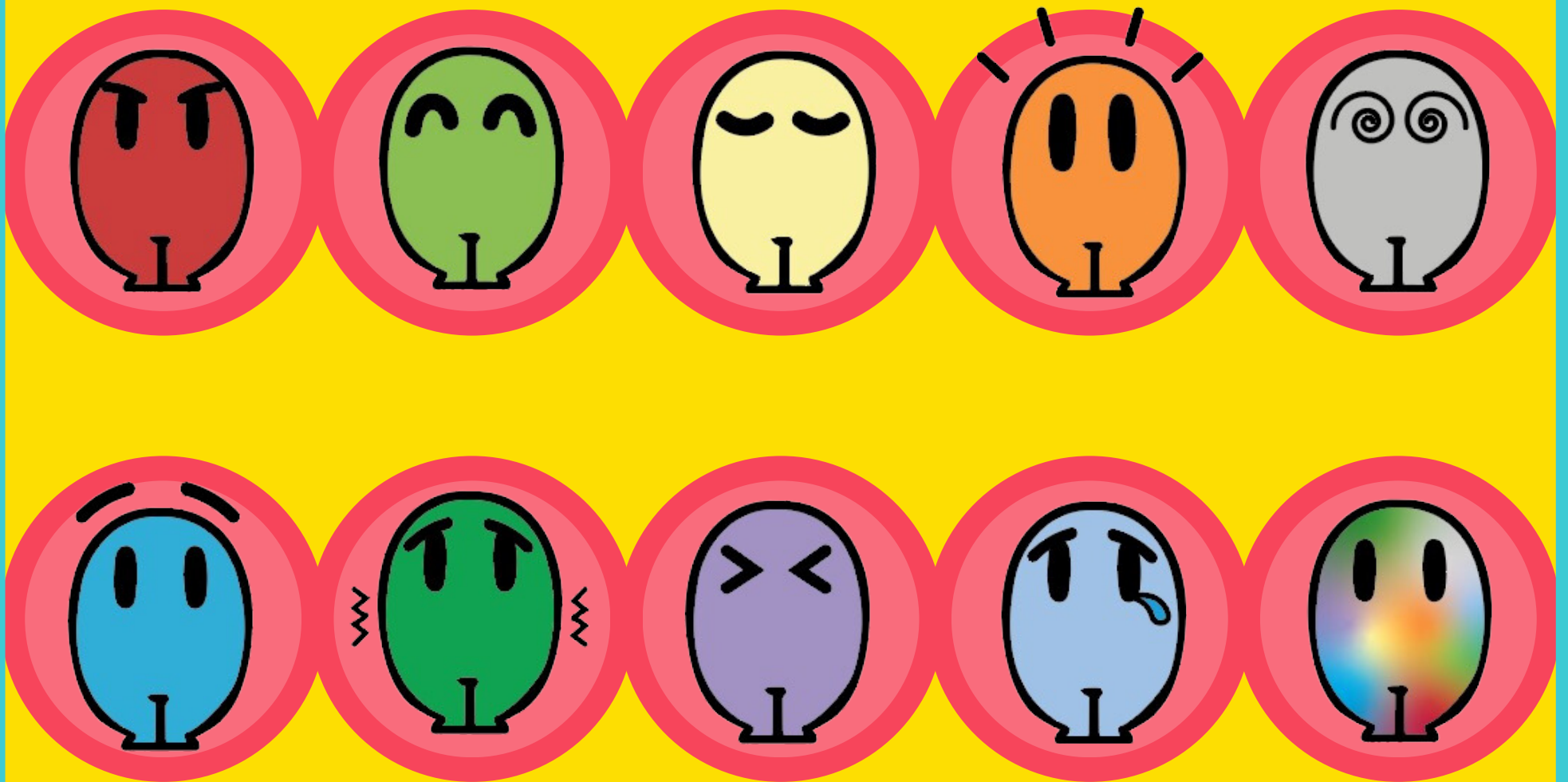


Ki



Kibou

How does Ki feel?



There are many kinds of

EMOTIONS



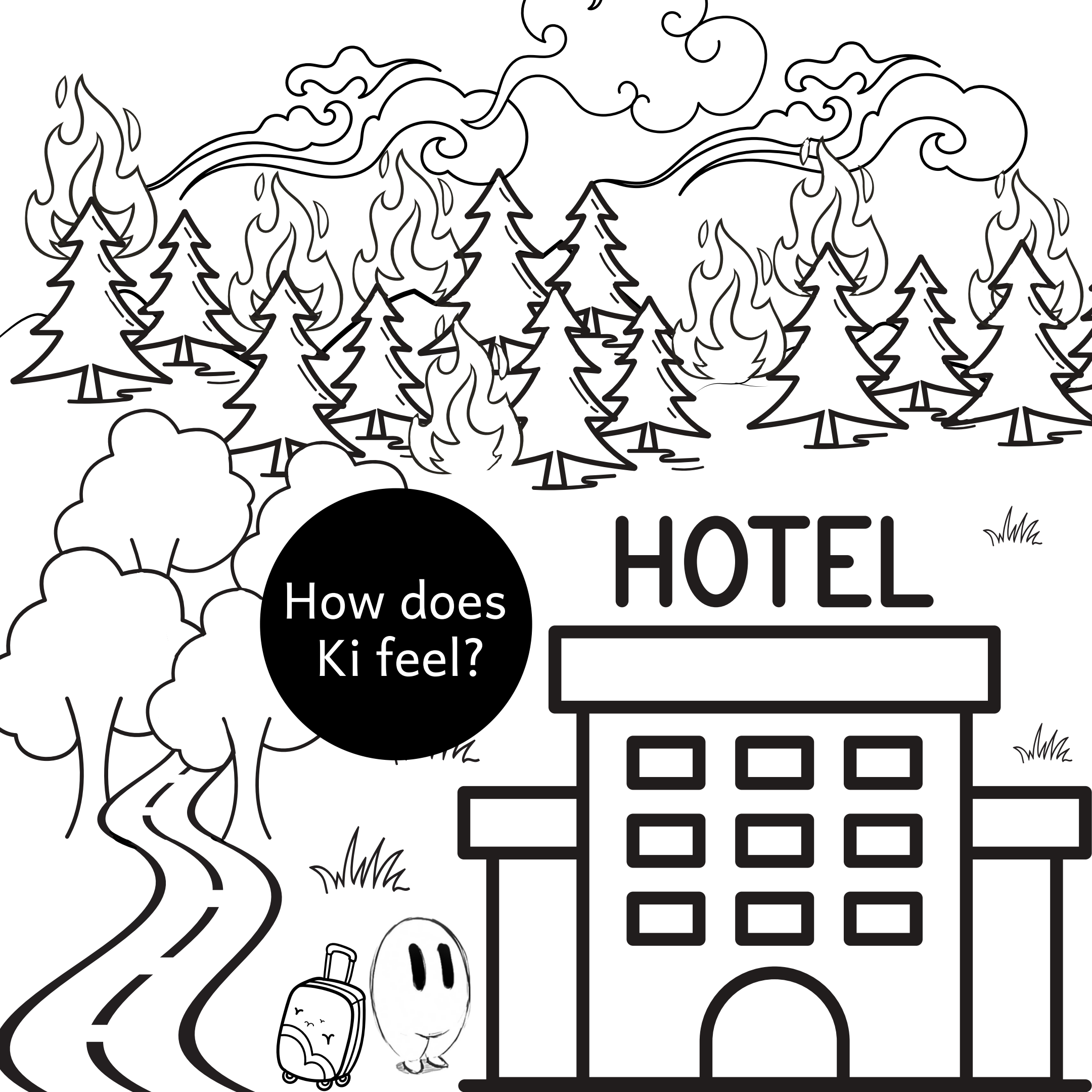
Some feel good



Some feel bad



And everything in between



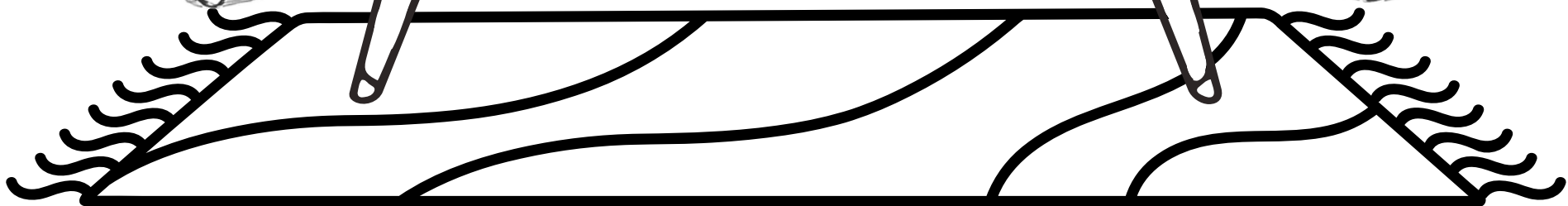
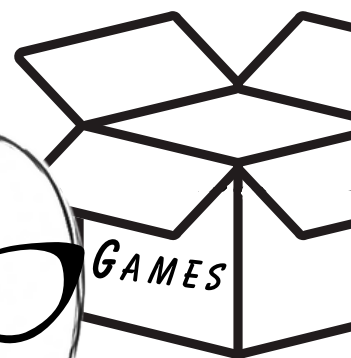
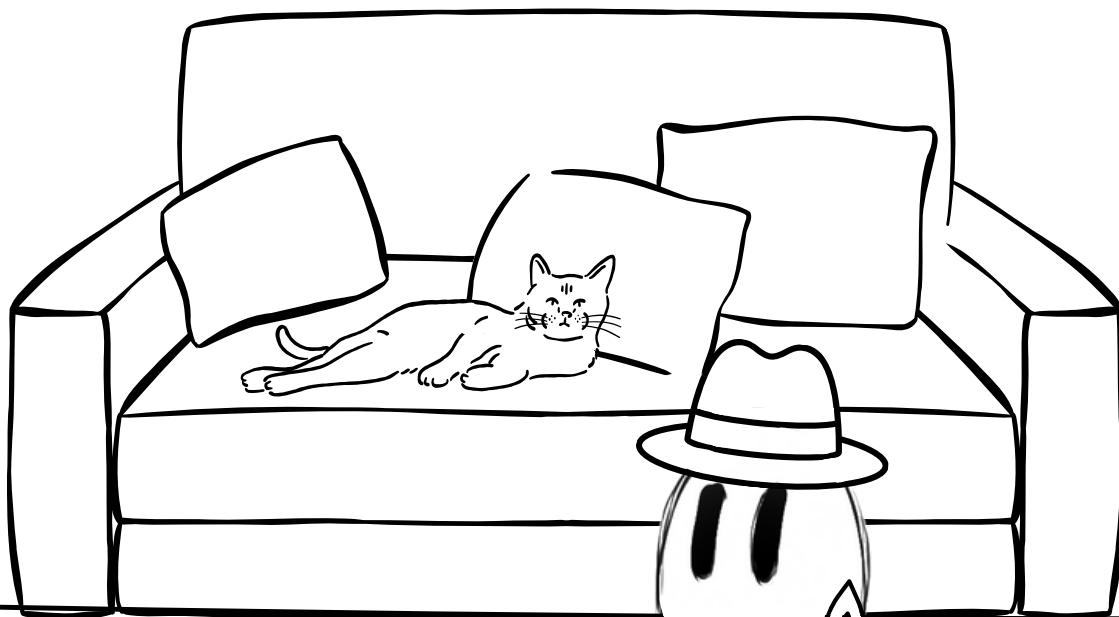
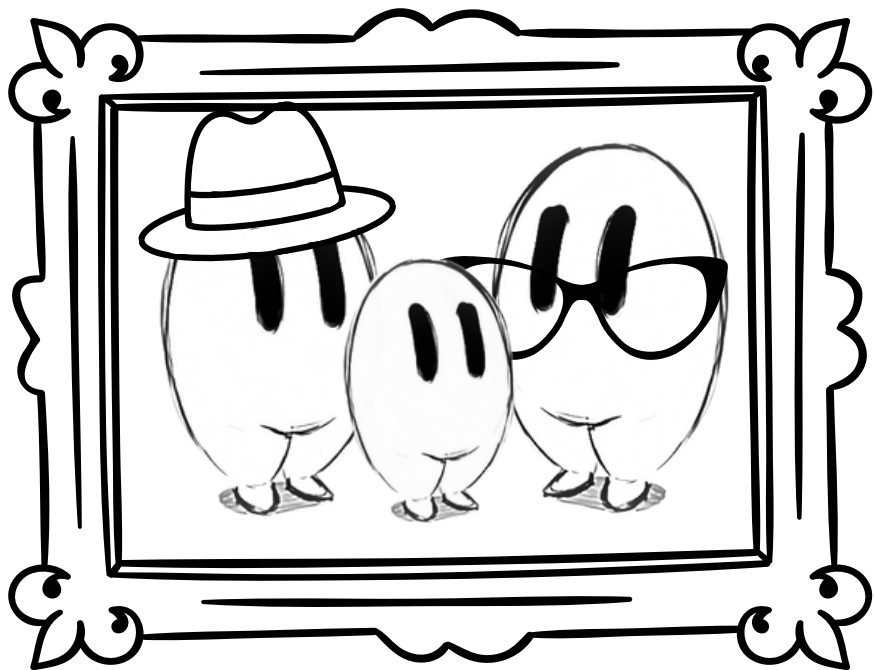
How does
Ki feel?

HOTEL





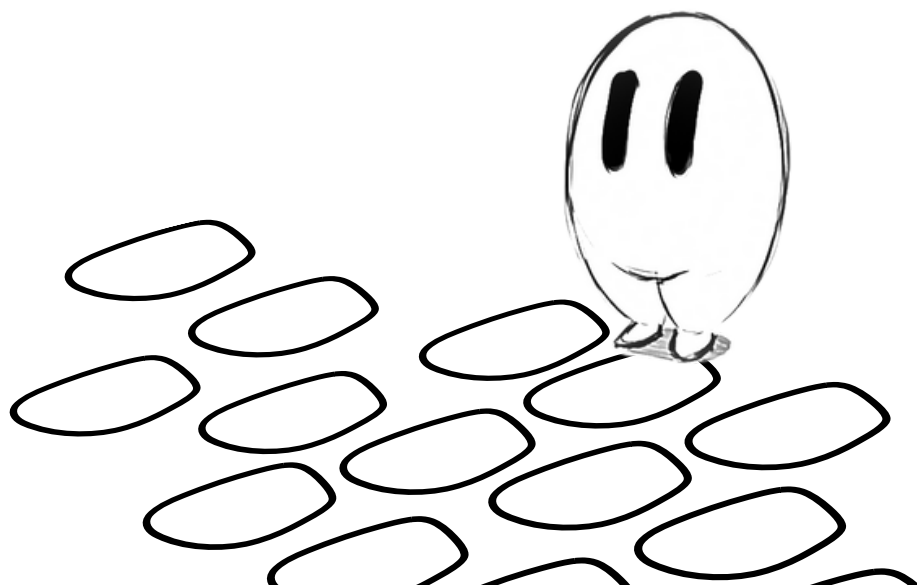
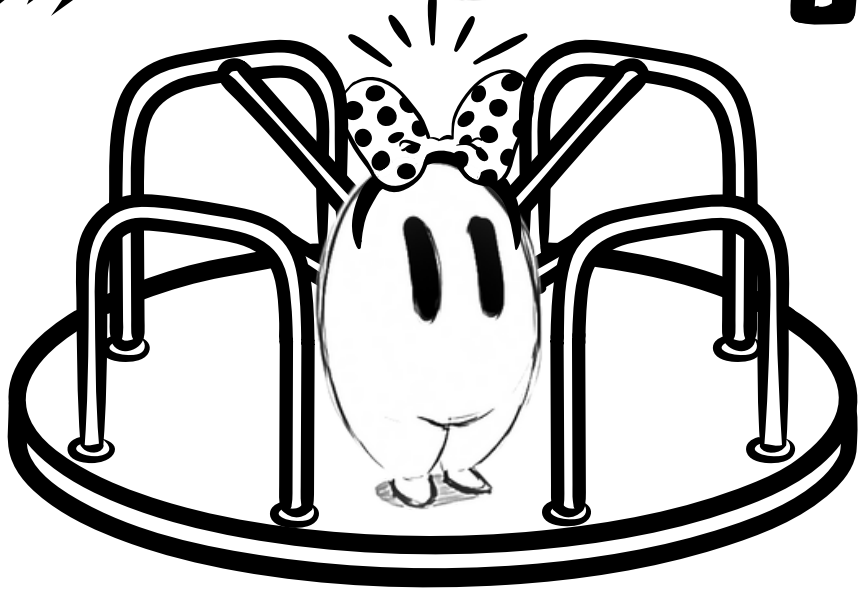
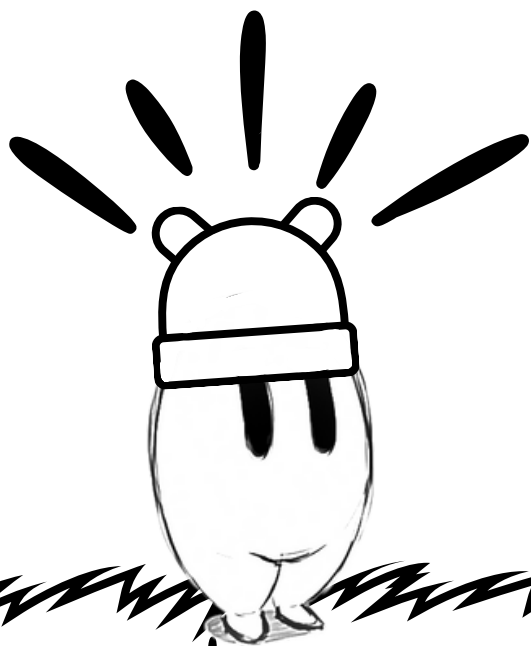
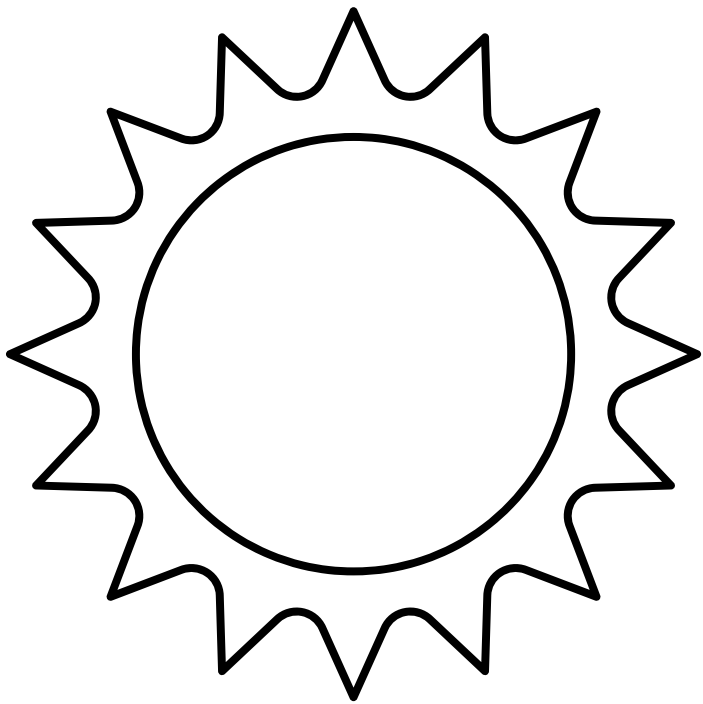
How does
Ki feel?



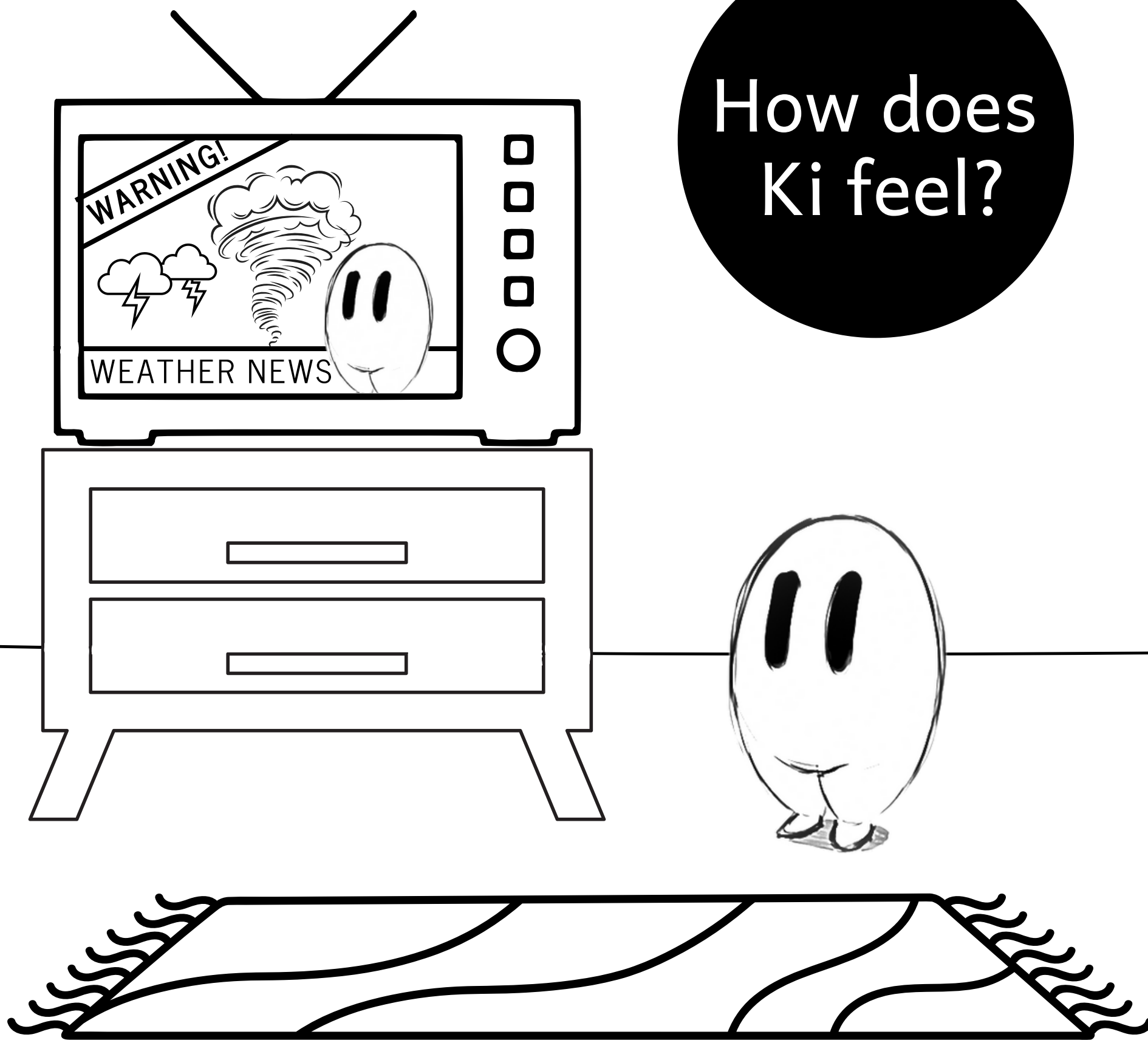
How does
Ki feel?

*NO SCHOOL
AGAIN*



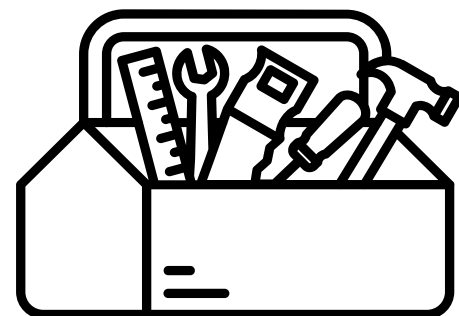
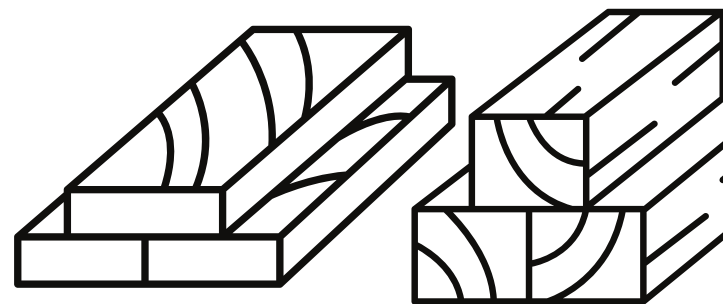
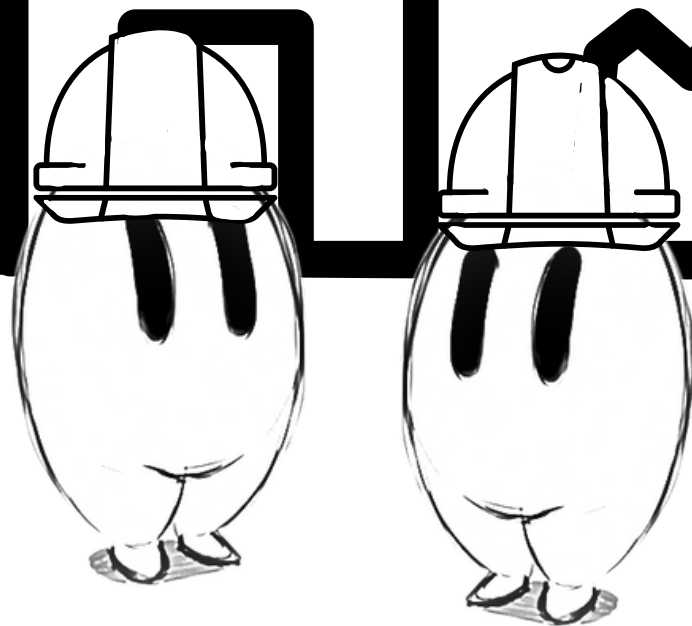
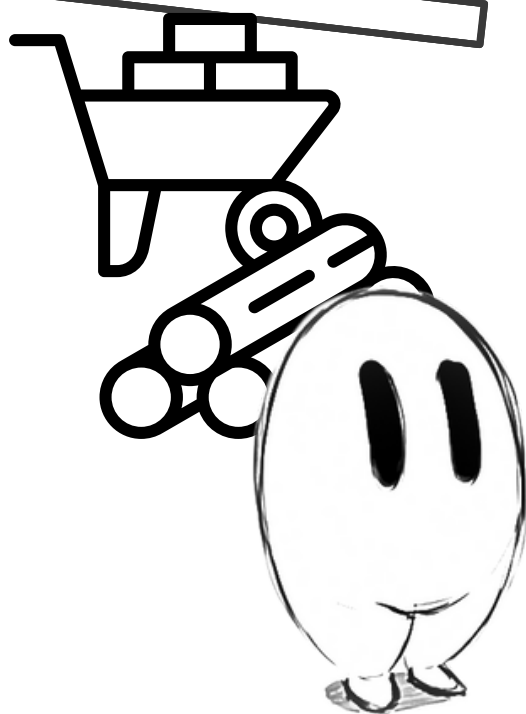
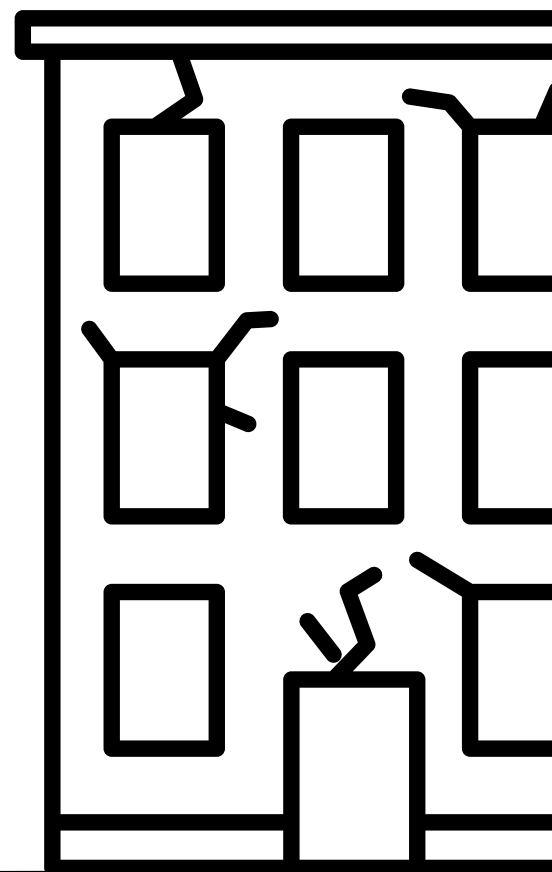
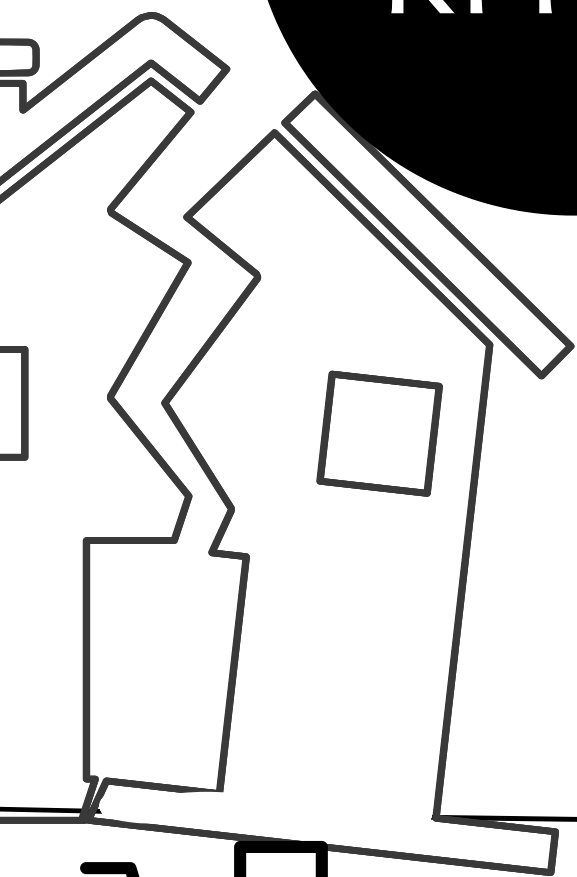


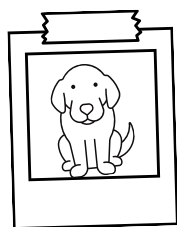
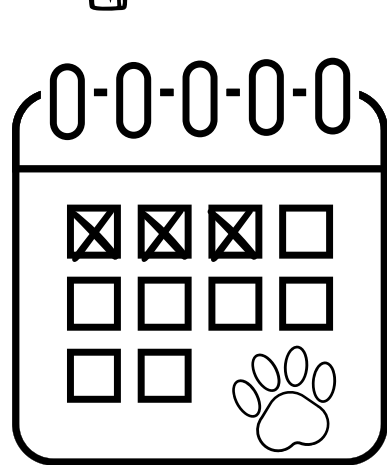
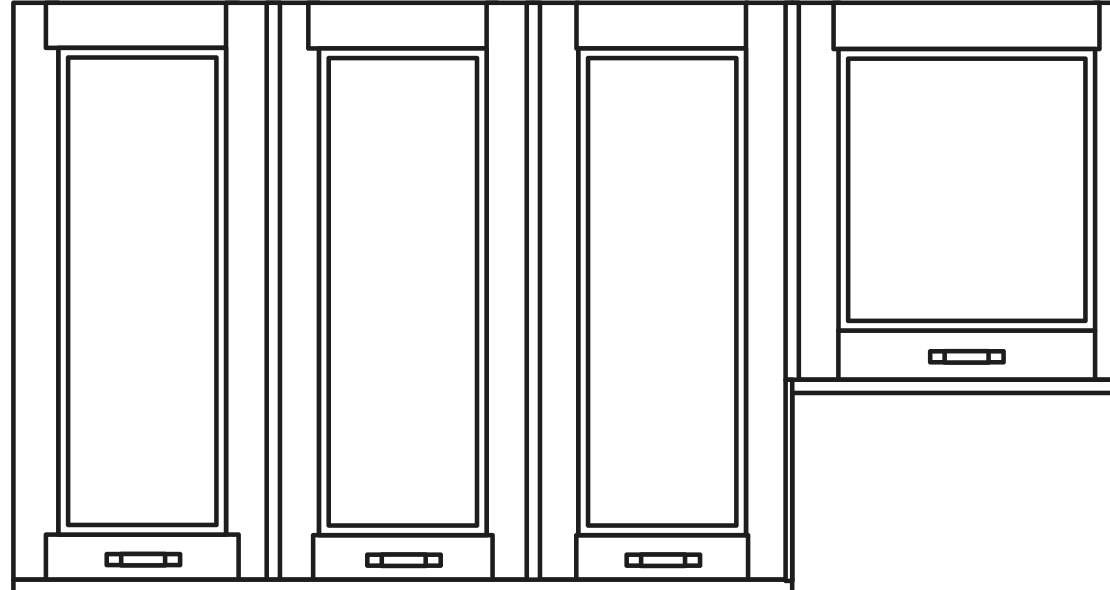
How does
Ki feel?



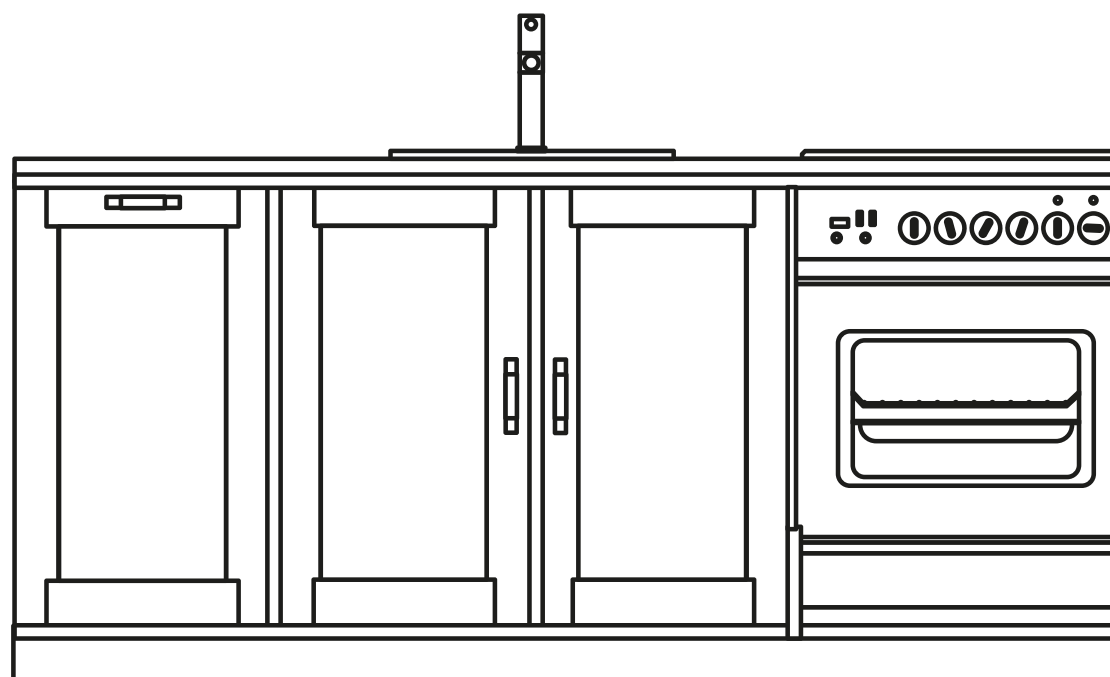


How does
Ki feel?

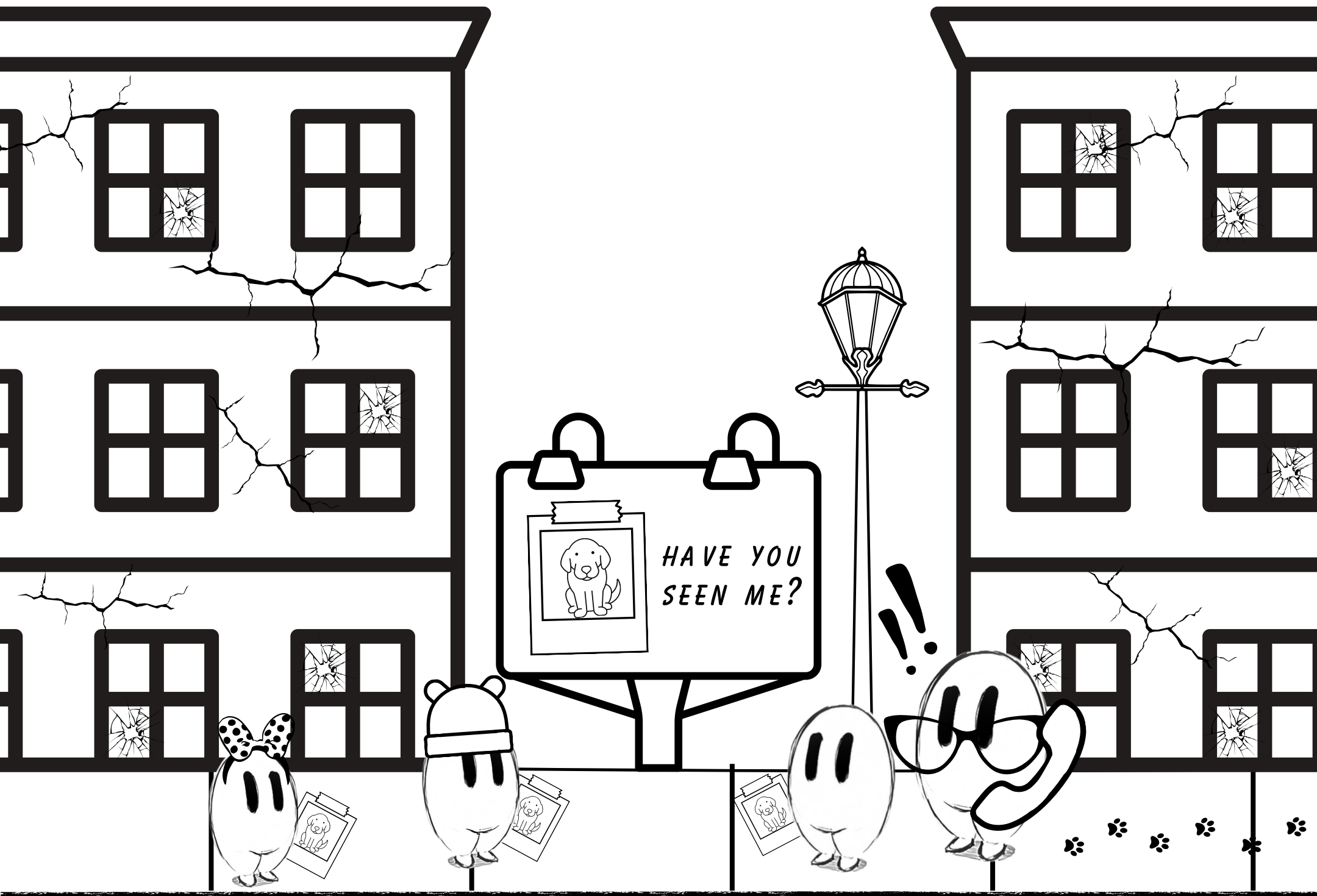




??



How does
Ki feel?

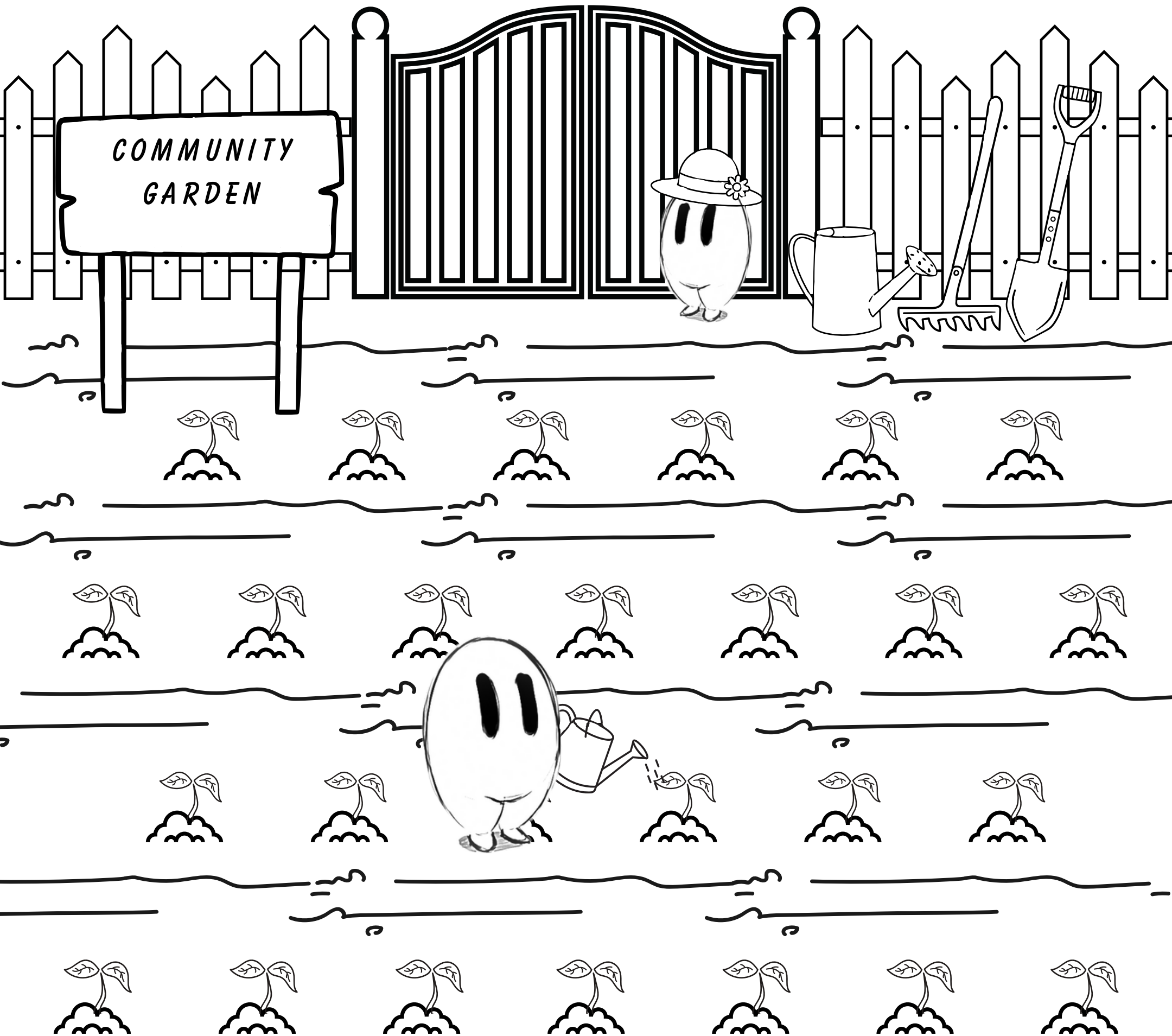


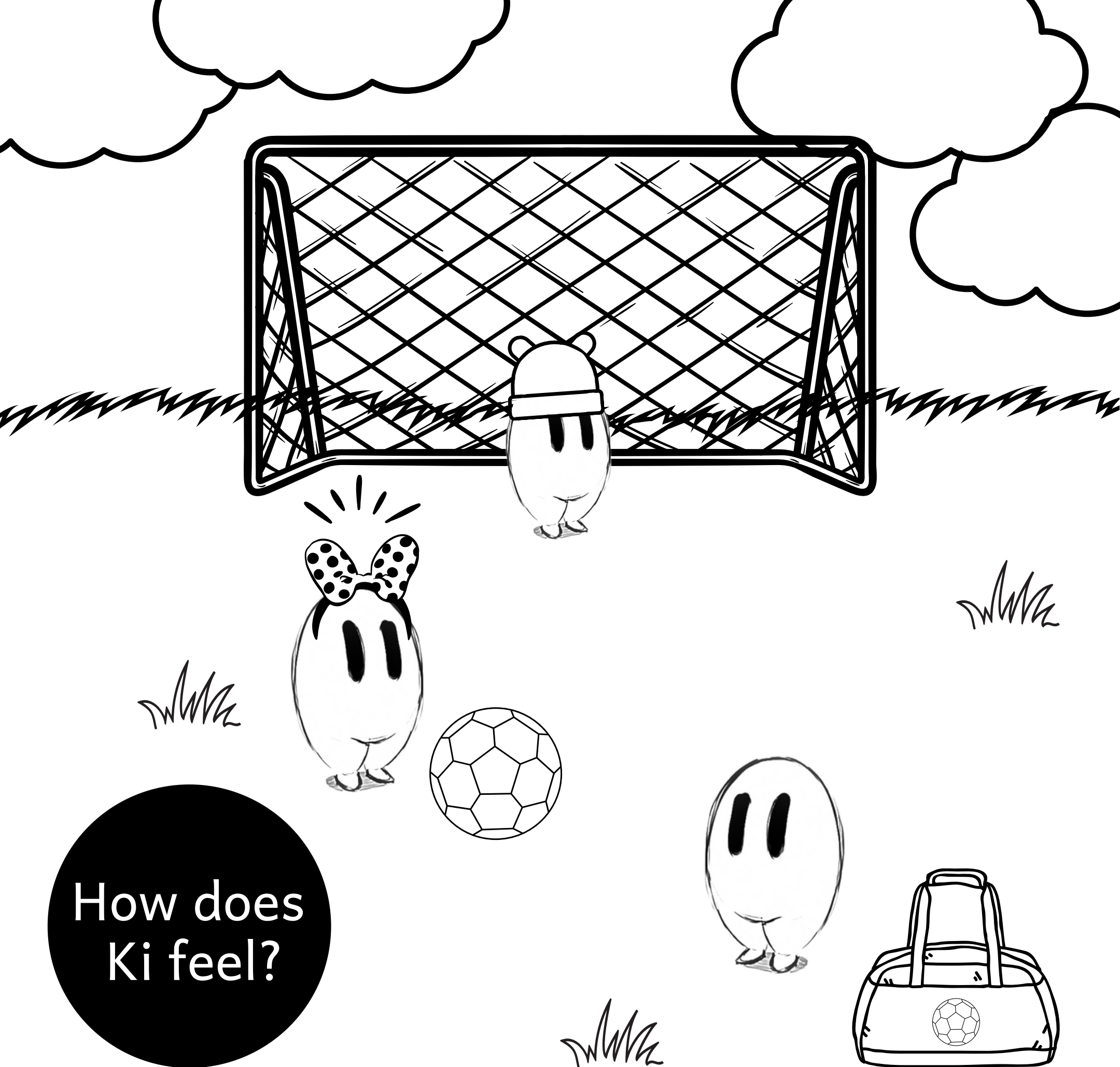


COMMUNITY
GARDEN

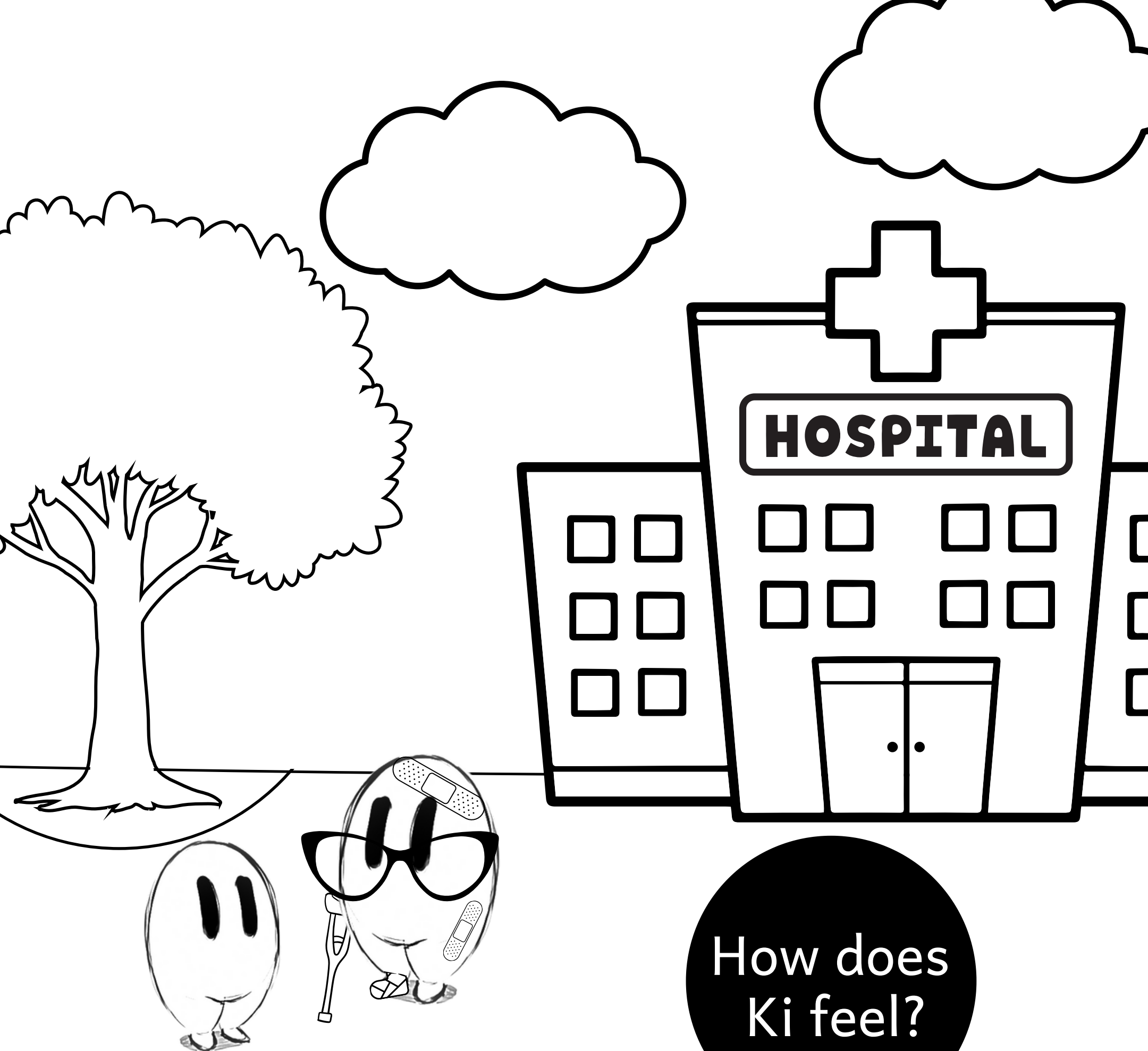
CLOSED

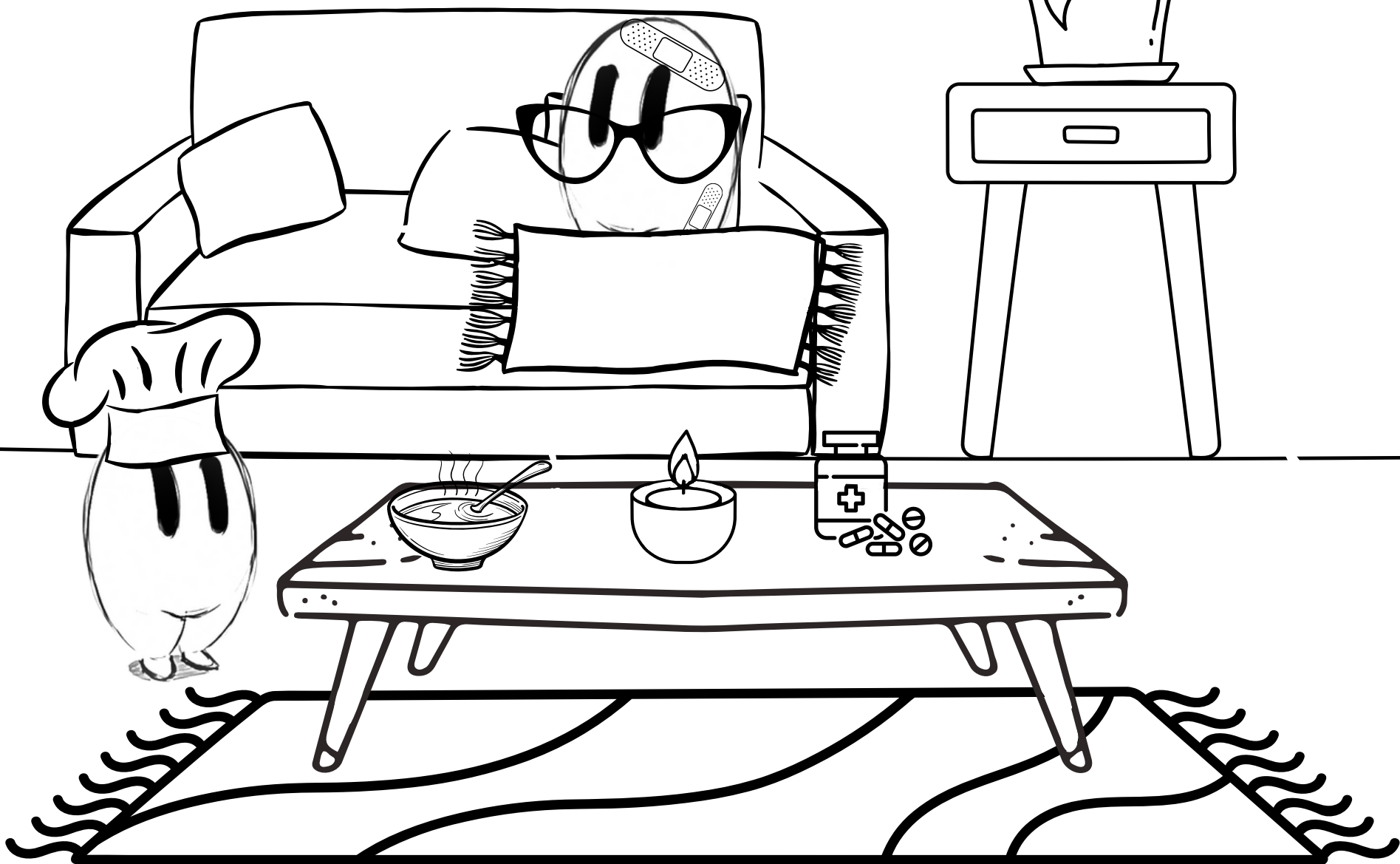
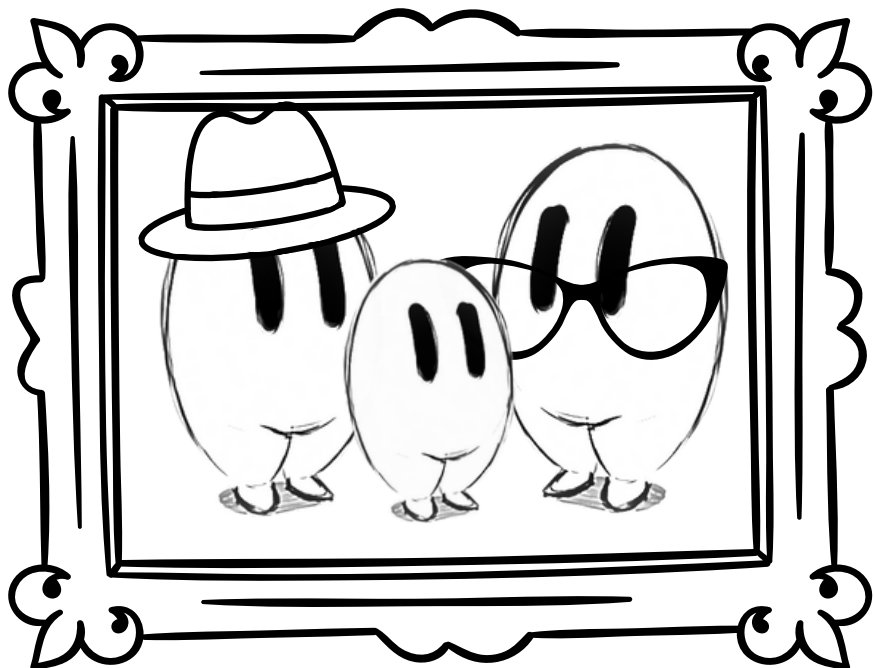
How does
Ki feel?

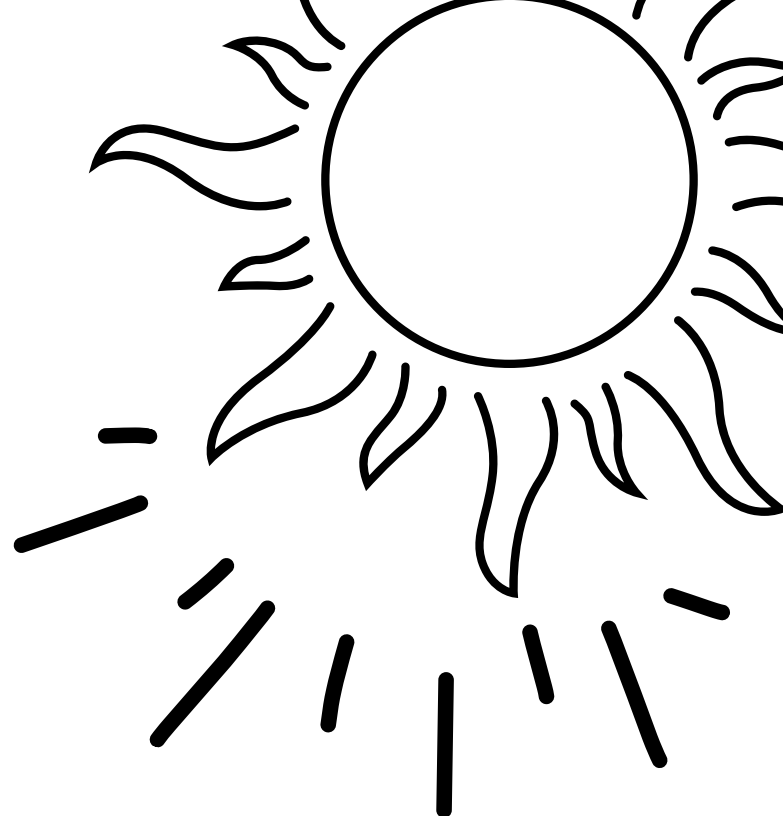




How does
Ki feel?







How does
Ki feel?

