

January KinsKids Update-Kris Berg

Make no mistake... Winter Has Arrived! With it come all things mittens, hats, snow, ice and so much more!

The KinsKids enjoyed a movie day at the kinship house during winter break. We watched the first Inside Out movie. That relates to the Kinship Circle time the kinskids have with Ms Megan. They have been learning to recognize and start to understand about various emotions. No emotion is in itself bad it's what we do with that emotion that they are learning about. They are in the early stages of being able to identify emotions and getting the beginning skills on how to handle these emotions. They are using their check-in responses to help us know what kind of day they have had. Sometimes just having someone acknowledge that the day they are experiencing is enough to shift the day in a good way. Air pushes and belly breathing are new words and actions we see here now.

We continue to strengthen our behavior/ reward program here. If you look around you'll spot our punch cards and Gotcha's for all to see. We want individuals to earn awards but to also work as a group to earn a group reward for going above and beyond and really exemplifying Kinship Kindness.

We are loving the new building and all the space to really explore new ways of group mentoring. Having all the M & W kids arrive at the same time instead of 3 van loads has been a blessing for us to implement and stay on target with projects and programming. We look forward to continuing to evolve and grow in 2026.