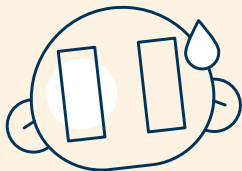


playbook

Emotions matter

inner
biome



012 **Emotions are
how the world
communicates**

Living a happy life starts with feeling happy deep inside. In order to achieve this, some people become monks and spend their lives meditating far away in the mountains. But we found a simpler way. Understanding and learning to cope with your emotions is the first step. Let's take it.

Every emotion matters — but first we need to understand what the emotions are. This kit contains items that are designed to provide healthy and meaningful ways for children and their important adults to express their emotional state and explore their emotions in depth.



Scan the QR code on the back cover to access the digital version of this playbook.

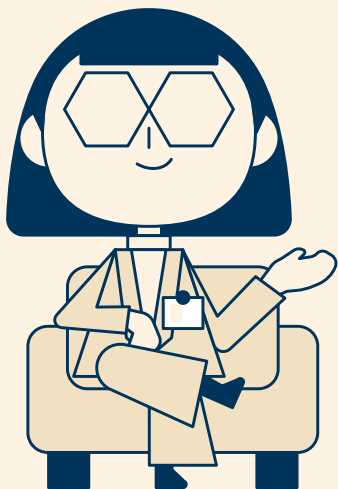
age

4-8



Warnings

Every playoddity kit is designed as a children's experience that is guided by an adult. All the described activities require adult supervision. Safety instructions for each item in the kit can be found on the item's individual packaging.




WARNING!
Choking hazard:
Small parts
Not for children under 3 years

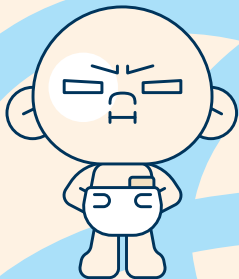


Adult supervision required





Hi, this is The Voice speaking. I'd like to remind you that the most important part of the playoddity experience is the child or children. Without them, you'll just be an adult playing games to avoid responsibilities. So put your phone away, and follow the instructions in this playbook for having a great time! The activities also work without the playbook, if you have your own ideas, but we suggest you have a look at ours first.



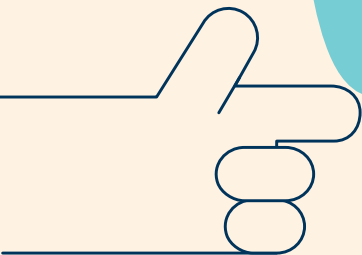
Without playbook



With playbook

Unboxing

Once you start exploring your emotions, you'll notice positive changes in your mood, perceptions, and attitude. You might want to document the process, to allow you to compare the “before” and “after.” And don't forget to share your experiences with #playoddity.



Each item in the kit has a colored sticker:

- Green sticker — item can be used by children and adults
- Red sticker — item should be used by adults only

If any items on the list are missing, or you have problems with any of the products, please get in touch.

Contents of this kit

- **01. Stress ball**
Squeeze it to release some stress — it doesn't mind.
- **02. Educational game about emotions**
Some emotions can be hard to recognize — this game will teach you how to do it.
- **03. Rocket**
It can take your emotions to the Planet of Acceptance.
- **04. Hourglass**
Watch the sand fall, and relax.
- **05. Coloring book for kids**
Colors represent emotions — fill the pages with yours.
- **06. Coloring book for adults**
Adults can benefit from some color therapy too.
- **07. Scented sachet**
Let lavender cast its relaxing spell on you.
- **08. Emotions flash cards**
We bet there are some emotions you haven't heard of.
- **09. Card holder stand**
Imagine it's a tree, and that each leaf represents a pleasant emotion.
- **10. Scales**
Weigh your emotions during the day and see if your emotional load is positive or negative.
- **11. White box**
To store items that bring you positive thoughts.
- **12. Spinner**
The perfect tool to distract you from negative vibes and allow you to chill.
- **13. Puzzle cube game**
Sometimes you just need to reset your emotions.
- **14. Night sky projector**
Do you realize that your room is part of the universe?
- **15. Moon night light**
To set you up for some positive thinking right before going to sleep.
- **16. Inflatable ball**
Play ball, and learn about each other's emotions.
- **17. Sticky heart wall hook**
Use it conventionally, and also in one of our activities.
- **18. Colored paper**
Art therapy is always a good idea.

- 
- **19. Pillow hat**
Your own sanctuary, where no one can disturb you.
 - **20. Customizable door sign**
“Do not disturb” or “Please come in and share a hug” — you decide.
 - **21. Air dry clay**
Mold your emotions, or at least how you imagine them to look.
 - **22. Ice mold**
Holding ice helps you to cool down, both physically and emotionally.
 - **23. Massager**
Is there a better way to relax? We’re not sure there is ...
 - **24. Frisbee**
Combine playing a game with learning about emotions.
 - **25. Toy alien**
A friend to accompany you on your journey and a protector from negative emotions.

Notes and ideas



Ah, emotions! We all have them, but we all manage them differently, and that's what causes misunderstandings every now and then. Fortunately, this can be fixed.

Share your emotions

Have you told your family members today that you **love** them? If not, tell them right now how much you **care** about them and **appreciate** them! Then try to remember the most **vivid emotions** that you've experienced this week. What about today? They don't all have to be positive. **Share** these emotions and describe them.

All emotions matter

Not all behavior is acceptable, obviously. But **all** emotions are acceptable.

Explain to your children that they can't choose **what to feel** (just as they don't choose how long their arms and legs are), but they can — and should — choose **what to do** with those feelings.

Sharing positive emotions is **easy** and **pleasant**, while sharing negative emotions can be **hard** and sometimes awkward. The trick here is to remember that there are **no good or bad emotions**. We need all of them to make our lives complete.



External signs

The **external** manifestation of emotions is a vivid **illustration** of what we think and feel. The easiest way to convey an emotion is through **facial** expressions, because each emotion sets a large number

of muscles **in motion**. For example — when we smile, we not only widen (and often open) our lips, but also **close our eyes** a little. And when we get angry, we **close our lips** tightly, and our eyebrows move down and closer together.

Internal signs

An **emotion** that has gained sufficient **strength** to take possession of us can have a huge impact on the functional state of our **entire body**, including our mental state!

Such strong emotions can **affect** us a lot. Our movements **change** and become more expressive, and we're more likely to **act** on impulse — or we might **freeze** on the spot. Emotions can change the way we **look at things** and even affect our **perception** of the environment.

Emotions running free

Never punish children for **expressing** their emotions. And don't try to **distract** them from feelings that you might not like or don't feel **comfortable** with. Recognize the child's emotion, **empathize** with them, let them tell you exactly what happened, and give them a little time to **discuss** and process the cause of the emotion. Then it will be easier for the child to move on.

Denying fear or anger **will not help** a child to get rid of their feelings. Instead, it may well cause them to **suppress** their emotions in the future. But here's the problem — suppressed feelings **do not disappear**. They get trapped and look for a way out. Since a child's emotions are not under **conscious control**, they may

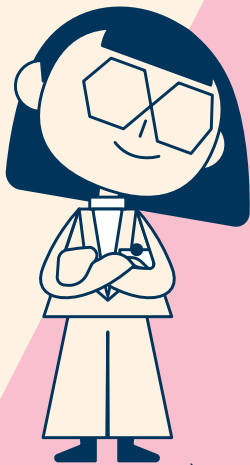
be uncontrollable when they do eventually **come out**.

Rage won't go away until it's **heard**. Note that hearing and recognizing an emotion does not mean allowing it. **Show** the child that you understand the situation: listen, acknowledge, and **call the emotions out**. "You're clearly mad at your brother. Tell me about it." "You must be feeling **really sad**, right?" "So today nothing is working out the way you wanted? I **understand** you."

Understanding means caring

In order to **calm** themselves, kids always need **someone else** to calm them down first. This process leads them to a valuable **understanding**: "My physical and emotional demands are recognized and **can be dealt with**."

When a child is angry, the reason is almost always **pain or fear**. We use rage and anger to **protect** ourselves from these unpleasant feelings.



Working with emotions doesn't have to be all **serious and clinical**. There are lots of **games** that can help you.

Launch a rocket

Negative emotions need to be **worked on**. Draw the most negative emotion you can think of — as an **alien**! Do you want to **express** your sadness? Draw a long, sagging alien with a pair of antennae dragging across the floor. Do you want to **express** anger? Perhaps it can be drawn as a large spiky red predatory animal?

As you draw your aliens, talk about the **feelings**. What caused them? When you're all set, place your aliens in the **rocket** from the kit, and send them to the Planet of **Acceptance**. Three, two, one ... ignition! When the rocket lands on the planet, deal with the **situations** that trigger these emotions together. **Discuss** negative emotions with the family, and work through resentment.

Time to clay

Now, using the clay from the kit, try to **recreate** the emotions you drew as clay aliens! Clay figurines can help if you find it hard to talk about negative emotions **directly**. For example — a **red**, pouting alien can represent anger and **annoyance**. A blue one with outstretched arms can symbolize **sadness**. These characters can interact with each other and help kids **cope** with their emotions better.



Remember that you're an **example** to your child. If you're **open-minded** and ready to discuss emotions and **"express"** them with clay or drawings, kids will follow suit.

Do the aliens have any special **abilities**? Maybe the sad one can fill an entire planet with **tears**? Can the angry one set something on **fire** with just a glance? Or maybe it becomes **bigger** and more scary when it's angry?

Build a whole **team** of emotion-aliens. Draw them, use the clay, and don't forget to **name** your creations.

Being open

Children don't listen to us — they **copy** us. First of all, you yourself must **honestly** and openly express and **explain** your emotions. For example — if you're sad, and your child **notices**, you don't have to say that everything is fine. Explain why you **feel** sad, and show **gratitude** — the fact that the child has noticed your emotion and **recognized** it is a big step forward.

Building your feelings

Ask the child about their **current** emotions. Then ask them to build what it feels like using the **puzzle cubes** from the kit. Talk about the **reason** for this particular emotion and how it was **triggered** during the day.

If their emotion requires special **sensitivity** (such as anger, frustration, sadness, or confusion), ask the child how you can help them **deal with it**. It could be hugging, quiet time, or **talking** to a loved one.



Finding a balance

Use the **scales** and astronauts from the kit, and ask the kids to put an astronaut on either the “**positive** plate” or the “**negative** plate,” depending on what emotion **dominated** during the day. Track the emotional **results** during the week, and discuss it with the kids.

Box of joy

The white box from the kit can become a real **treasure chest** holding items that evoke positive emotions and **memories**. Put souvenirs from vacations there, add **seashells** from beach trips, and don't forget all the nice **cards** and notes received from family members and **friends**. The box will become a **refuge** during sad days, where the child can find positive emotions.

Tree of positive emotions

Use the **card holder stand** from the kit, and cut out hearts from **colored paper** using the heart wall hook as a template. Each day, invite the kids to **write** something they like about themselves on a **heart**. This can be a **positive thought**, or a **positive action** — like meeting a new friend, **helping** someone around the house, or just being in a **cheerful mood**. With time, the stand will turn into a tree **blossoming** with positive emotions, and the kids will see that they themselves are **actually** full of positive things!

Spinner of cheerfulness

Cut out a paper circle and divide it into **sections**. In each section, write a small task that makes you feel good — like **reading** a comic book, giving someone a **hug**, or playing with a **pet**. Mark one end of the spinner from the kit and use it as a **selector** to choose a task. It's a simple and fun way to **work** around negative emotions.

Mystery item

Emotions should never be a **mystery** to the person who's feeling them — that's one of the basic conditions of personal **happiness**. We hope this mysterious item will help you get even more **deeply** in touch with yourself.

Search terms

 helping a child calm down	x
relaxing music	↗
breathing techniques for relaxation	↗
emotional benefits of dancing	↗
Inside Out	↗
don't worry, be happy	↗

Question time

Turn this into a game using the inflatable ball from the kit. Throw it to a family member and ask a question. They answer, and immediately throw the ball to someone else and ask a new question.

? What emotion are you feeling right now?

? What emotion do you dislike the most?

? What makes you feel good?

? What would make you happier now?

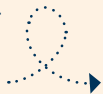
? What makes you feel angry?

? How can you help someone feel better if they're sad?

Creativity time

We already mentioned drawing your feelings. But how do you feel about this kit and the playbook? Draw that emotion here!

There's more
out back —
follow the
arrow!



If you lose this playbook during an emotional storm — don't worry. You can always find the digital version online if you follow the QR code. And while you're on the website, check out our other kits. They're awesome!

Visit us:

playoddity Chicago
Hawthorn Mall
122 Hawthorn Center
Vernon Hills
IL 60061

Follow us:   @playoddity
Find us online: playoddity.com

We're always happy to chat!
Email us: hello@playoddity.com

IMAGINARIUM GLOBAL LLC
122 HAWTHORN CENTER
VERNON HILLS
IL 60061-1502

© playoddity
All rights reserved

