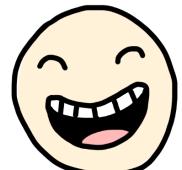


Pleasant



Happy



Love



Angry

Unpleasant



Sad

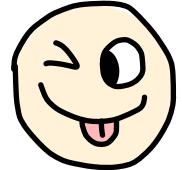


Shy

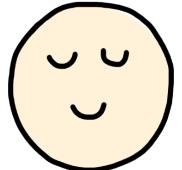
Distress



Stop!



Goofy



Calm



Afraid



Miss



Heart
Broken

Press to show
how you feel



How big is
the feeling?

S

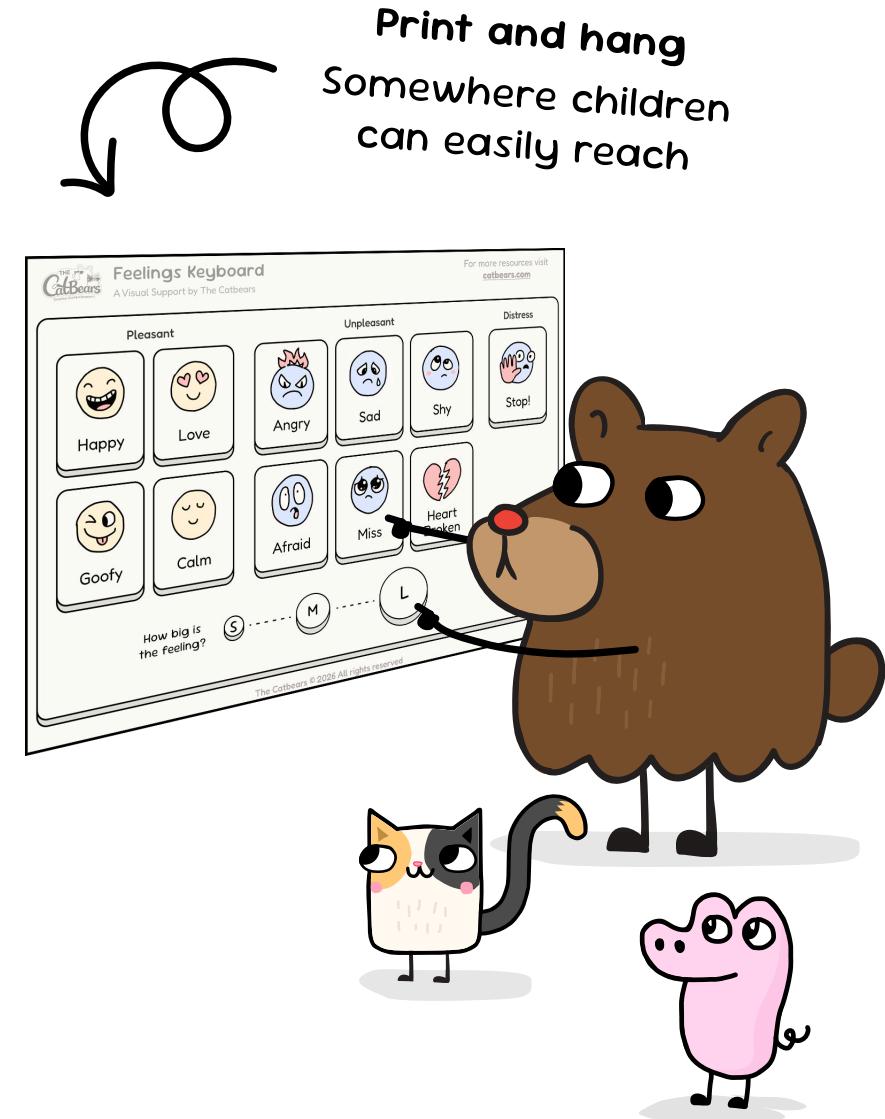
M

L



How to explain the Feelings Keyboard to your kids

- 1 **Find a quiet moment to introduce it:** This is something new and special, and they'll need your full attention.
- 2 **Explain the idea:** "Just like a keyboard helps us type words, this keyboard helps us show how we feel."
- 3 **Press on a feeling** with one hand, then press on a size with the other, then explain your choice. For example: "I'm really happy to be here today" – press "Happy" and the "L" size button.
- 4 **Invite your kids** to try and practice together. Then, when something happens and they're going through a hard moment, suggest they use the keyboard to show you how they feel.



What to do when your child uses the Feelings Keyboard

After your child used the keyboard to show you how they feel. Here's what we suggest to do next:

1 **Mirror** what they're pointing to. Say it back simply: "I see. You're really angry. And it's big." This tells them: I see you. I understand.

2 **Help their body calm down:** If you can, take them somewhere quiet. If this isn't possible, create quiet where you are – kneel down, lower your voice, make a small bubble of calm. Give them water. Breathe with them slowly.



Pause to Relax
Only when the child has relaxed,
you move to step 3



3 **Ask what happened:** Now you can understand the problem together and help make sure it doesn't happen again.

Introduction to **Pause to Relax**

The Feelings Keyboard helps children name emotions. But it does something bigger – it helps them slow down, stop using words, and practice the **Pause to Relax** skill.

Most of us (adults included) react instantly when things don't go their way – the body jumps in, emotions take over, words fly out, and damage happens.

Pause to Relax creates a gap between the trigger and the reaction. A moment where the child notices "I'm in overload" and waits for safety before doing anything else.

Using the Feelings Keyboard, and practicing the Pause to Relax skill from a young age, will help your child build this habit: When things don't go as planned, instead of exploding or shutting down, they'll find a calmer way forward, and that's the biggest life skill you'll ever give them.

Love,
The Catbears



Learn more about the **Pause to Relax** skill at catbears.com