

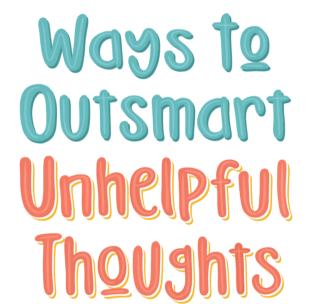
What can I do to disprove my thought?



What would I say to a friend who had this thought?



Is there another way to look at it?





Will this matter in a few months or years?





What is a more helpful thought?



actually a fact?

Emotional Intelligence Kit

Ages 5-11

Your child's guide to mastering their emotions! With this kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.

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Feelings Ice Cream

"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!" - Katharine B.

Right Now I FEEL

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MY TRICKY WEEK

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