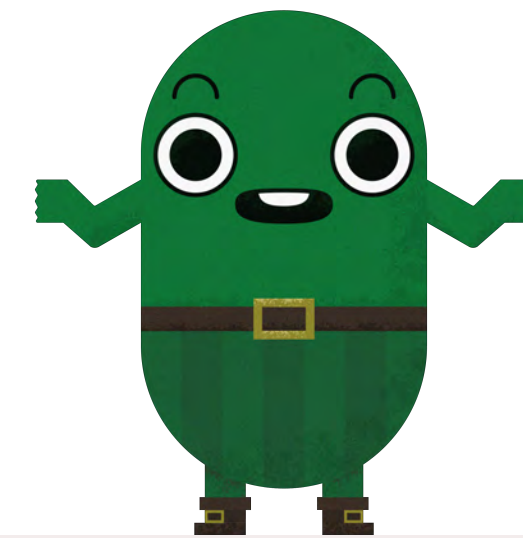


# ABC of Emotions

Children's Flash Cards for Learning  
Emotional Intelligence



Group: Inside Out  
RIT NMD 2020  
Ethan Sinica



# Project Goal:

## Prompt:

Using print and interactive media together, teach, help, or inform children on a particular topic or subject.

Students in a group together will cover words within the subject as to make an alphabet's worth of individual pieces.

## Our Refined Goal:

Help children to learn “Emotional Intelligence.”

We aim to help teach children new emotional vocabulary, ways to deal with emotion, and know that emotion is ok.

Our selected print format is a deck of playing cards with each student covering three letters.



# My 3 Letters

**J**

**K**

**Q**

**J**

**Q**

**K**

Jealous

Queasy

oKay

envious

anxiety

neutral

protective

scared

indiferent

needs confidence

confused, physical

not bad, not great

What to do when experiencing...?

# Research:

Research was a very important phase for me and my group.

Emotion can be a bit abstract sometimes, even for adults! On top of that, teaching and helping children can be quite a difficult and fragile matter. What do children need? What are efficient ways to help and teach them? How should one appropriately handle print text and digital interactive elements for children?

All of this required quite a significant amount of research on all of our parts.

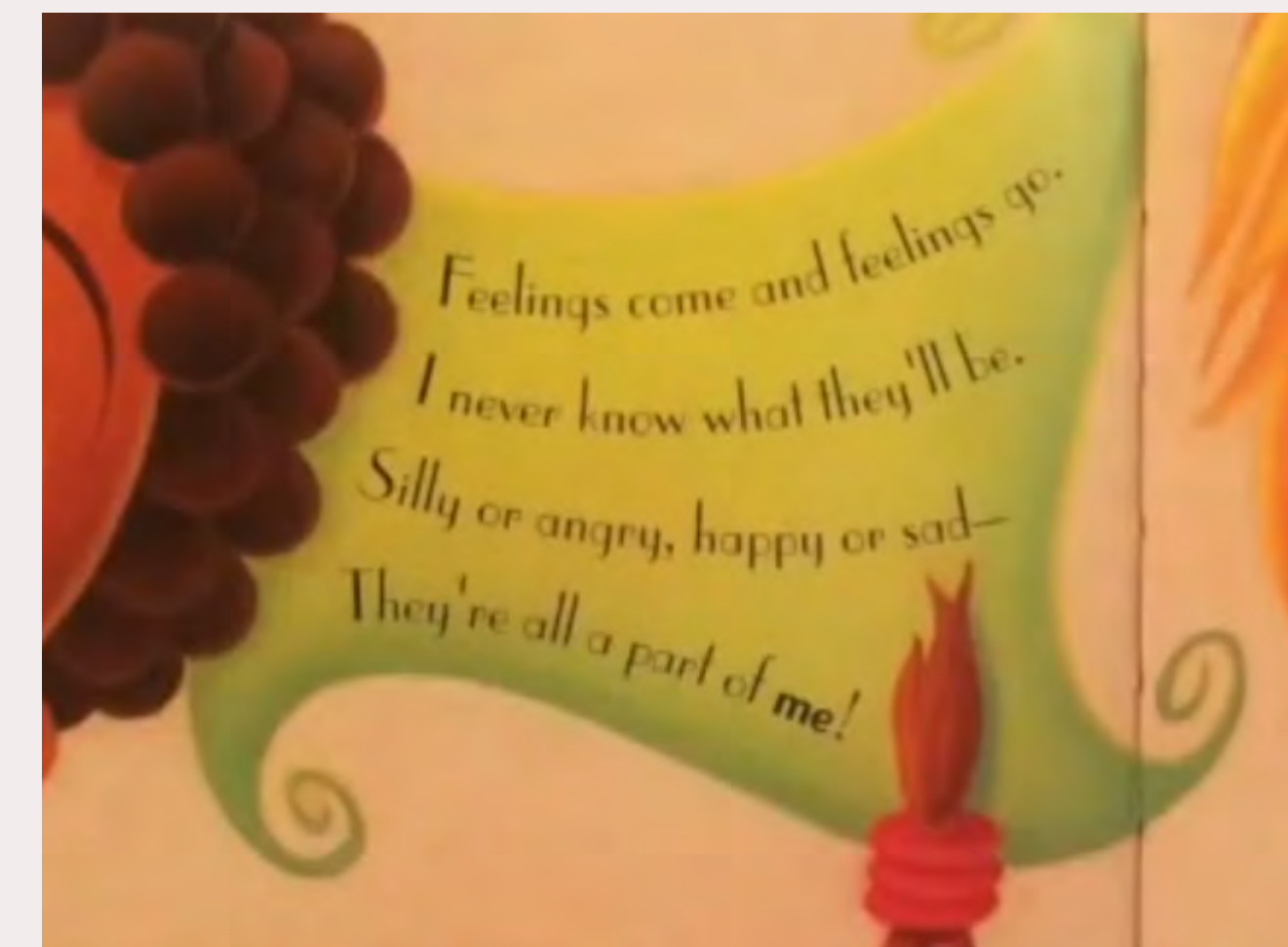
My personal research ended up falling into a few notable categories; analysis of similar already deployed products, web articles, and scholarly articles on children's emotions and learning.

# Research

## The Way I feel by Janan Cain



- Portrays emotions in relatable receivable way
- Finishes off with letting reader know emotions are ok, they are a part of you

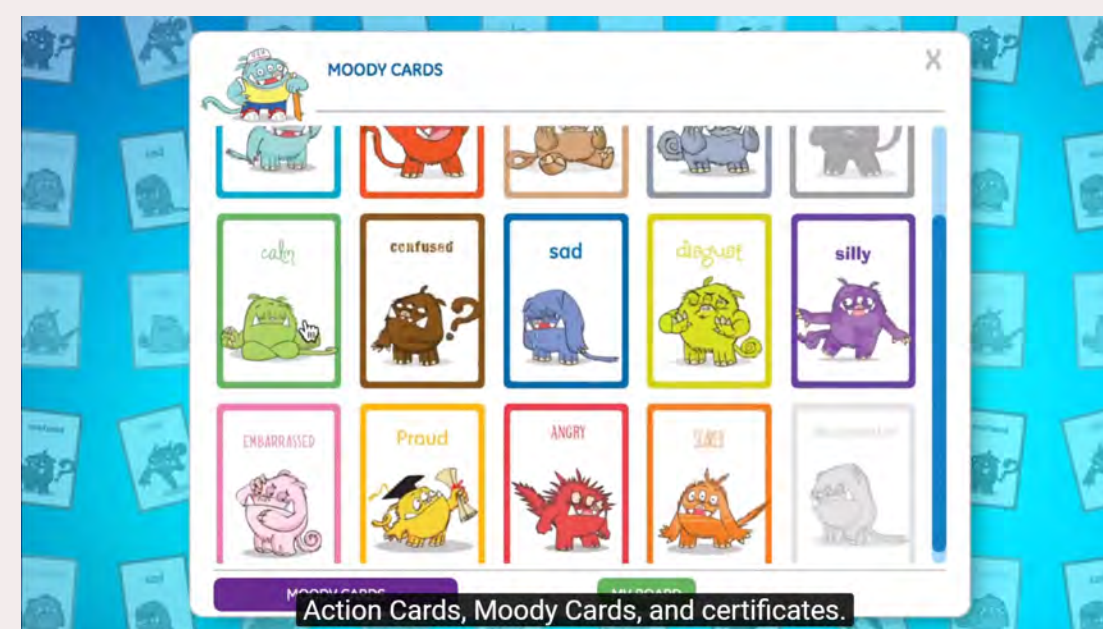
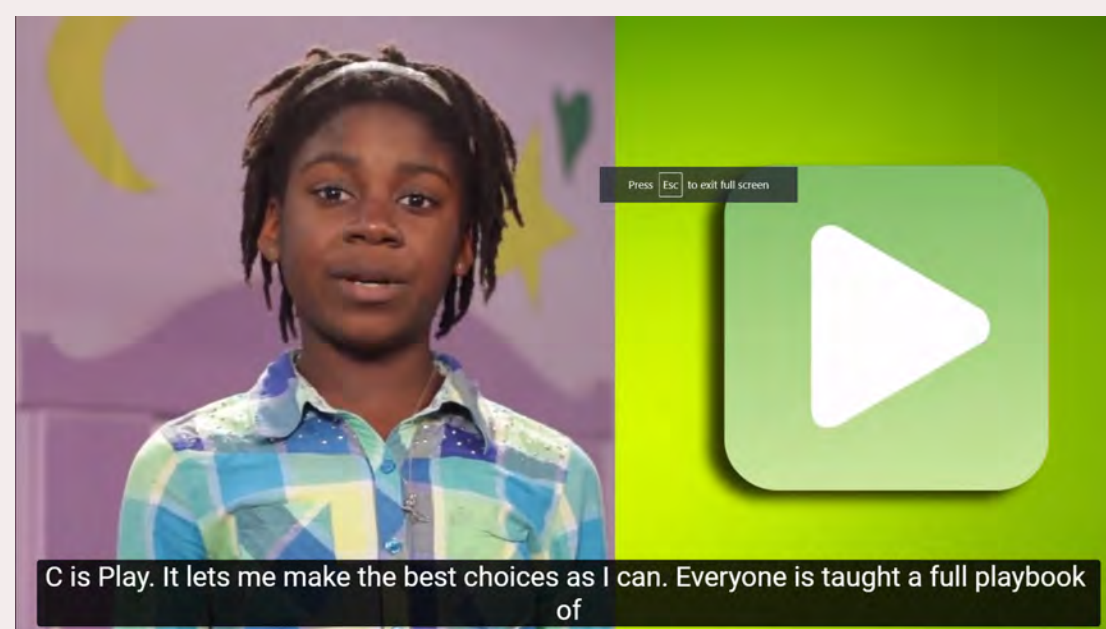
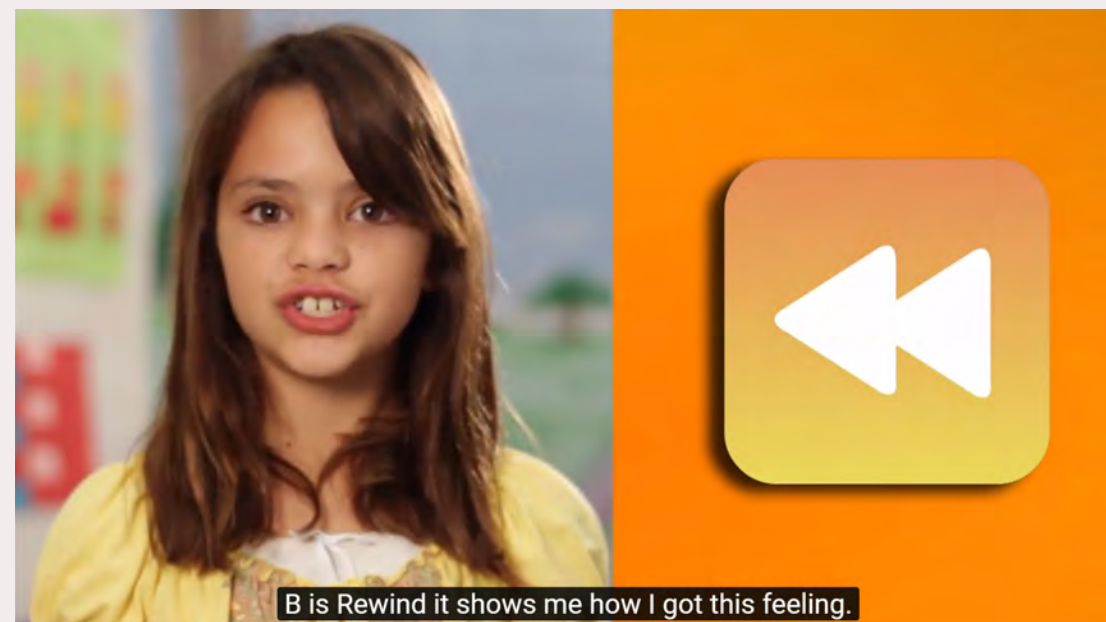
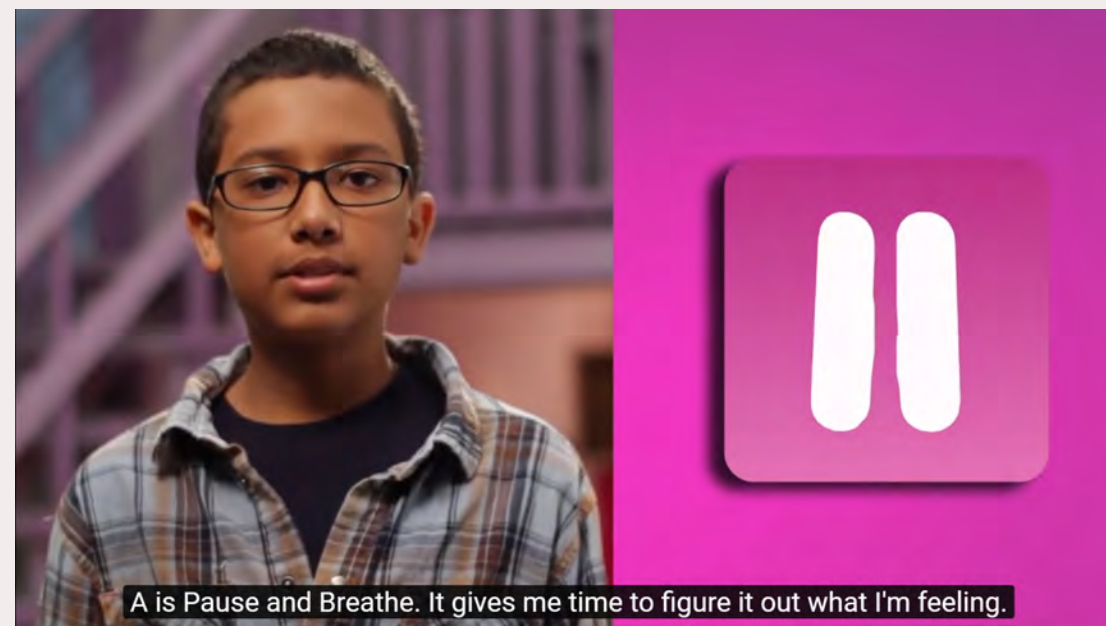




# Research

## Emotional ABCs

- Pause, rewind, play idea for children to go through a thought process about what they are feeling
- Shows characters and representations for children to identify with
- Extra interactive element





# Research

## Web Articles

### Fostering Emotional Literacy in Young Children: Labeling Emotions

What Works Brief No. 21

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/fostering-emotional-literacy-young-children-labeling-emotions>

### Why and How to Talk to Kids About Emotions

Raising Independent Kids

<https://raising-independent-kids.com/talk-kids-emotions/>

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# Research

## Web Articles, Books

### 9 ways parents can help kids cope with jealousy

Phyllis L. Fagell

[https://www.washingtonpost.com/lifestyle/on-parenting/9-ways-parents-can-help-kids-cope-with-jealousy/2018/08/23/8aff3c82-9460-11e8-810c-5fa705927d54\\_story.html?noredirect=on](https://www.washingtonpost.com/lifestyle/on-parenting/9-ways-parents-can-help-kids-cope-with-jealousy/2018/08/23/8aff3c82-9460-11e8-810c-5fa705927d54_story.html?noredirect=on)

### The Developmental Psychopathology of Anxiety

Ross A. Thompson

[https://books.google.com/books?hl=en&lr=&id=9OoBklkFV0sC&oi=fnd&pg=PA160&dq=queasy+child+emotion&ots=fUMJVq0iJs&sig=COVqYT\\_WmXeGsTTp6M-9Tz\\_neS8#v=onepage&q&f=false](https://books.google.com/books?hl=en&lr=&id=9OoBklkFV0sC&oi=fnd&pg=PA160&dq=queasy+child+emotion&ots=fUMJVq0iJs&sig=COVqYT_WmXeGsTTp6M-9Tz_neS8#v=onepage&q&f=false)

# Research

## Scholarly Articles

### Second Step Teacher's Guide

Second Step

<https://www.cfchildren.org/wp-content/uploads/resources/previous-programs/second-step-2002/SSPreKGuide.pdf>

### Fostering Emotional Literacy in Young Children: Labeling Emotions

Center on the Social and Emotional Foundations for Early Learning

[https://challengingbehavior.cbcs.usf.edu/docs/whatworks/WhatWorksBrief\\_21.pdf](https://challengingbehavior.cbcs.usf.edu/docs/whatworks/WhatWorksBrief_21.pdf)

### Supporting Students' Social, Emotional, and Academic Development

The Practice Base For How We Learn

<https://eric.ed.gov/?id=ED585501>



# Research

## Scholarly Articles

### Supporting Social, Emotional, & Academic Development

UCHICAGO Consortium on School Research

<https://eric.ed.gov/?id=ED593604>

### Children's Knowledge of the Situations that Provoke Emotion

International Journal of Behavioral Development

<https://journals.sagepub.com/doi/10.1177/016502548701000304>

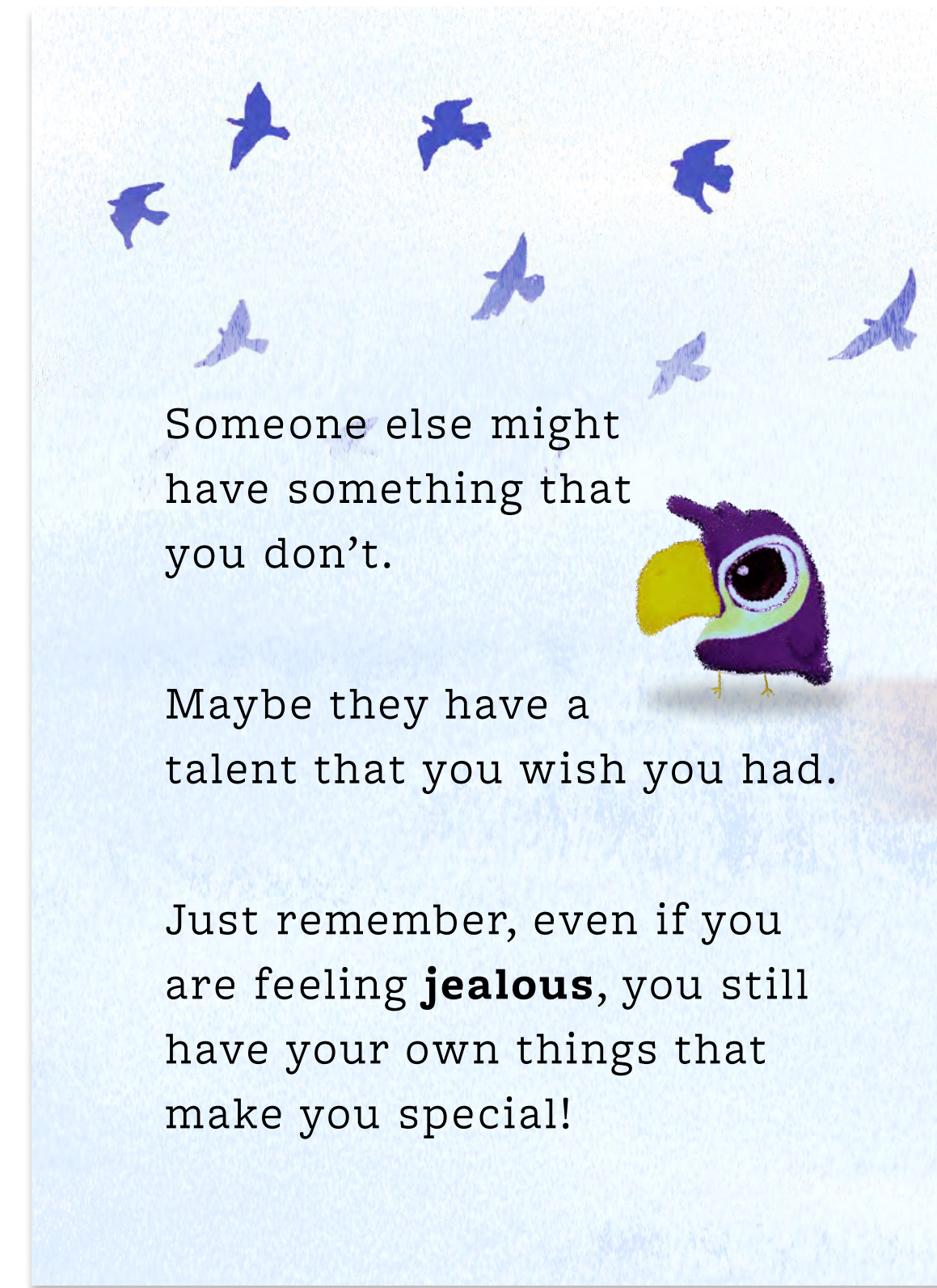
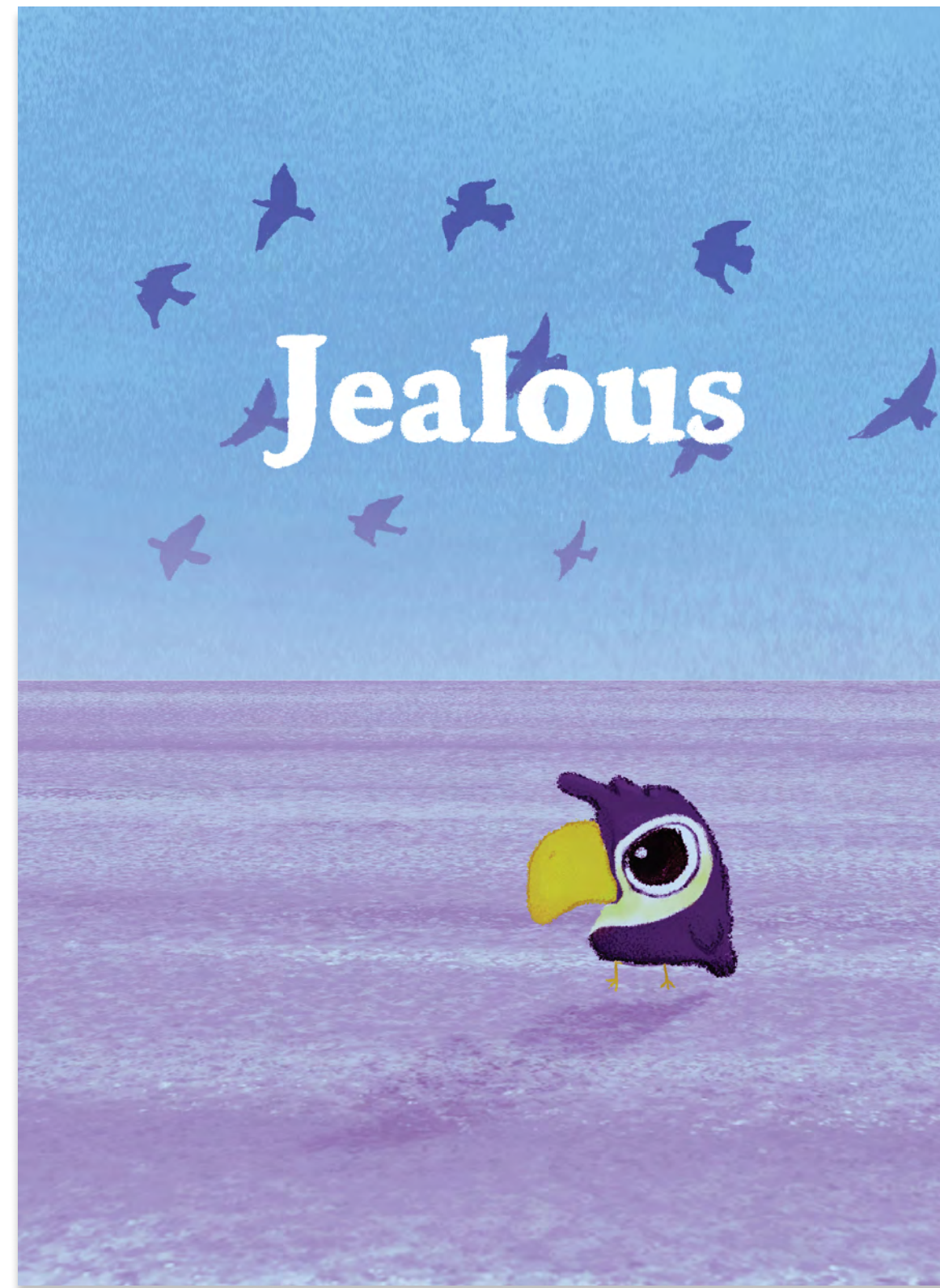
# Jealous

The baseline goal for all cards was to help teach children new emotional vocabulary, ways to deal with emotion, and know that emotion is ok.

For “jealous” I wanted to, for the print, remind children of their own self worth and that they are special or have special things too.



# Jealous





# Queasy

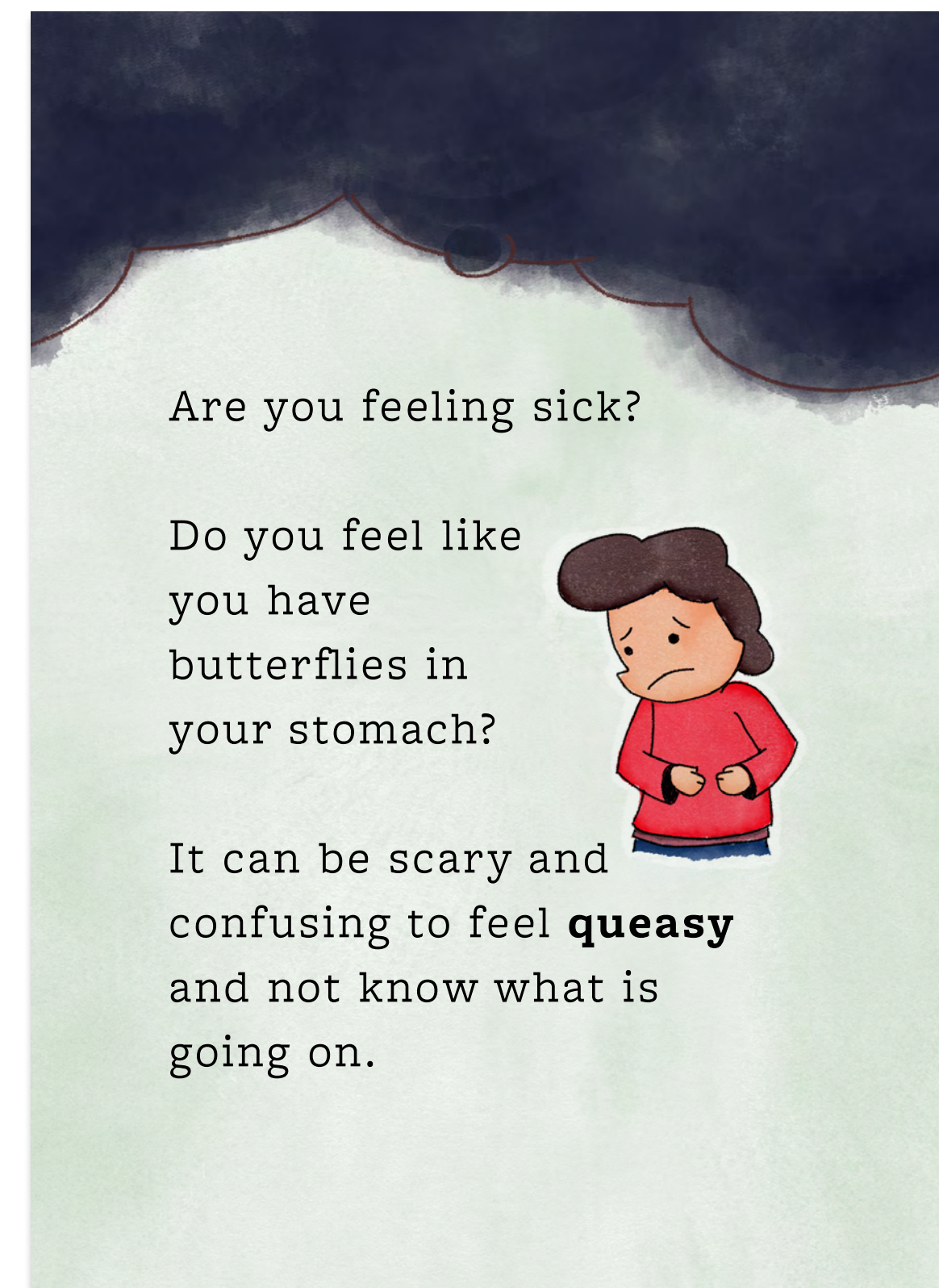
Children often misdiagnose their own “queasy”ness as just an uneasy stomach or they are feeling sick.

This misdiagnosis is actually hiding cases of anxiety in children more often than not.

Here, for queasy, the card explanation is mostly meant to help define and lead into the interactive component.



# Queasy





# oKay

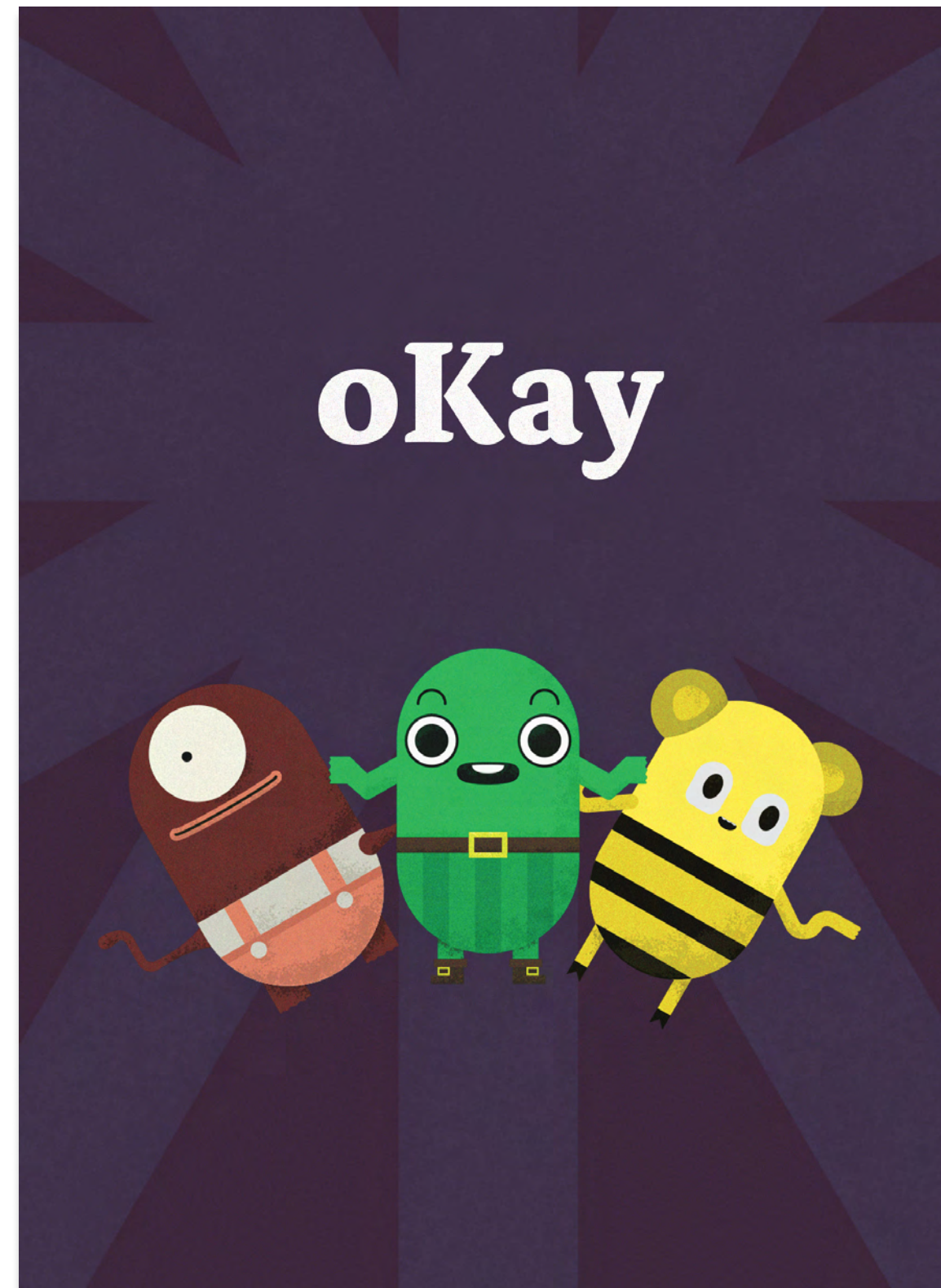
The print card for “oKay” leads directly into the interactive portion.

Feeling just “oKay” is totally acceptable. Feeling good or bad is acceptable.

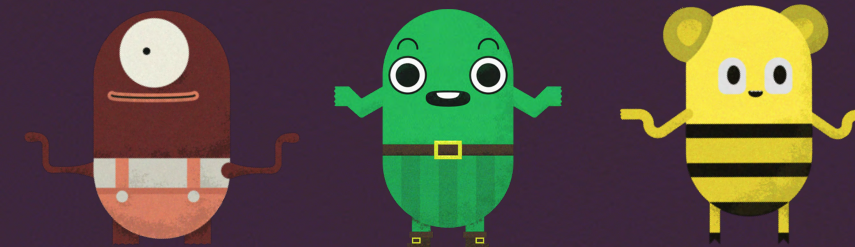
Sharing emotions with others is what the interactive portion gets into.



# oKay



Feeling **oKay** is super normal  
and super awesome



Times when you are feeling  
**oKay** are great times to get  
together with others and all  
feel oKay together!

# Interactive Elements

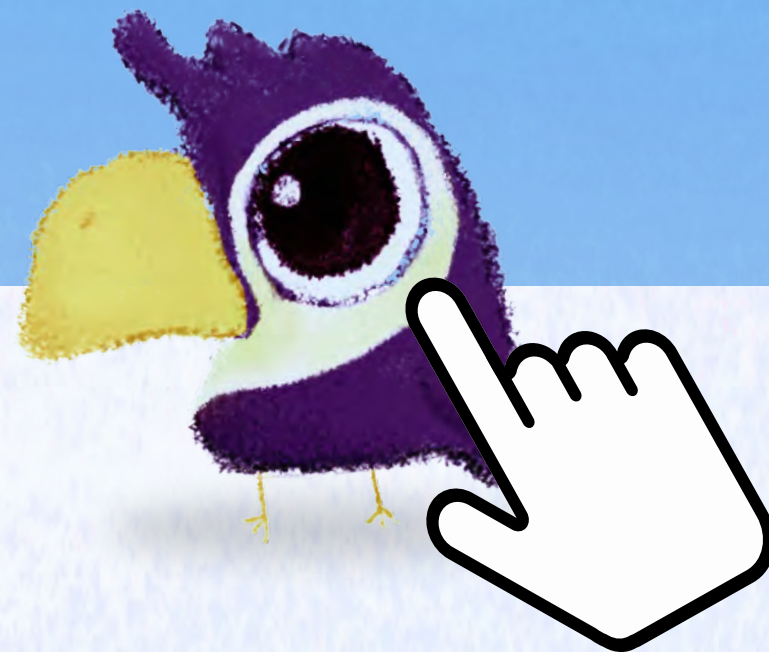
The interactive elements build off of the print.

It shows how to accept, manage, or utilize the emotion  
through use of a light story element





Just remember, even if you are feeling **jealous**, you still have your own things that make you special!



Tap the penguin

Even though the penguin can't fly like the other birds it is still super cool!

It can slide on the ice and swim in the ocean!

# Jealous

The interactive element for “Jealous” gets into how even though the penguin can't fly like the other birds it still has it's own special talent...





# Jealous

The interactive element for “Jealous” gets into how even though the penguin can’t fly like the other birds it still has it’s own special talents...

Sliding on the ice and swimming!

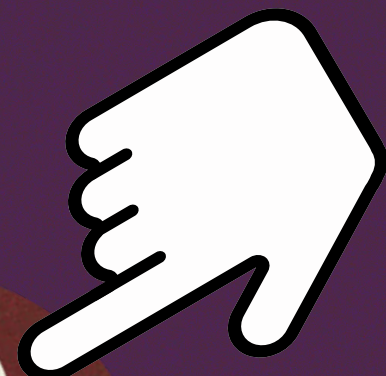




Not bad, not amazing, just **okay**

And feeling **okay** is totally ok!

Slide the friends up



# oKay

Plenty of people feel just okay, it is normal to experience emotion.





Times when you are feeling **okay** are great times to get together with others and all feel **okay** together!



# oKay

Plenty of people feel just okay, it is normal to experience emotion and people can experience it together!





# Queasy

## Definition

Are you feeling **sick**?

Do you feel like you have **butterflies** in your stomach?

It can be scary and confusing to feel **queasy** and not know what is going on.

START



# Queasy

Queasy builds right off of the print card.

The card describes potential interpretations of the feeling and the card puts forth some forms of aid or relief.





Talking through it really helped!

Something so simple as **talking to someone** or **focussing on small things** can really help sometimes, even if just a little bit!

# Queasy

Queasy builds right off of the print card.

The card describes potential interpretations of the feeling and the card puts forth some forms of aid or relief.



# Thank You!

