

how to start using the (pFF™) pieces

pocket Full of Feelings™



How do I get Started?

Just like you would with any new game, put the pFF™ package, or pieces from the open package, on the table and invite kids to open the package or pick up whatever piece they'd like. Watch as your kids are naturally interested in touching and asking about, all of the colorful owl poFFs, the fun to read **Feelings-n-Me Storybook** and the flip over **Feel & Deal Pocket Guide**! This process is already the beginning of kids learning that feelings are touchable and real!

What do I do with the different 'pieces' of the pff package?

Poffer and poFFs' Pocket:

If kids pick up one of the feeling owl poFFs (poFFs are the round cardboard pieces) tell them that it is a "feeling poFF" and that there are 15 of them — each with a different name and color of its own. Then, identify for them the poFF they picked up, i.e. "You are holding sad and sad is light blue." Show them the poFFs' Pocket (bag) and tell them this is where they can keep all of the poFFs (their feelings).



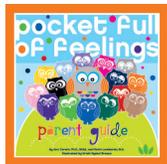
Poffer:

If and when children pick up PoFFer, tell them that he is the friendly, wise pFF™ owl whooo is here to help them with ways to deal with the way they feel. Show them PoFFer's Pocket and explain they can find PoFFer in his pocket and also put a feeling poff inside PoFFer's pocket. Let them know that PoFFer will give great ideas about what to do when a feeling comes.



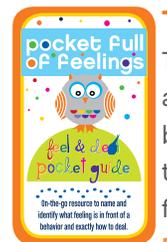
Feelings-n-Me Storybook:

If your child or children pick up the **Feelings-N-Me Storybook**, let them look at the pictures if they are pre-readers or read it to them at their request. You can read one page or the whole book. Choose a (feeling) page in the book and encourage your child to find the matching feeling poFF, then read about that particular feeling in the storybook. What we have seen is that kids don't want to put this book down and want you to keep reading about every feeling!



Parent Guide:

The **Parent Guide** is specifically for adults to help you guide your children through our 3-step emotional literacy process, but as you will see the graphics are a blast for kids as well. You will see the poFFs surfing on waves, because waves are just like feelings: they come, they build up, they eventually break, and then they always go away. And PoFFer, our friendly owl helps from his lifeguard tower to give ideas about how to deal with these powerful feelings we all have.



The Feel & Deal Pocket Guide:

The **Feel & Deal Pocket Guide** can easily slip in your pocket, car, the top drawer of a desk to be pulled out any time, or laid out on a table for kids to pick up. On one side of these cards are definitions and common behaviors you might see kids do because they have a particular feeling that is driving them to behave that way. The other side is PoFFer, our wise owl, suggesting appropriate ways to deal with this particular feeling.*We have found that kids love to match the feeling poFF with the feeling on the cards in the **Feel & Deal Pocket Guide** and **Feelings-N-Me Storybook**, so encourage that too!

pFF™ Songs:

Go to the pocket full of feelings website, www.pocketfullofFeelings.com, to hear our 2 songs. Music is included in the **Parent Guide** as well. Listen to the songs with the kids often to help them remember the pFF™ process.

www.pocketfullofFeelings.com    

brought to you by: Ann Corwin, Ph.D., M.Ed. & Karin Lombardo, M.A. • e-mail: info@pocketfullofFeelings.com • phone: 949-643-9978