

# Parent's Take Home Guide to **A LITTLE SPOT ...**

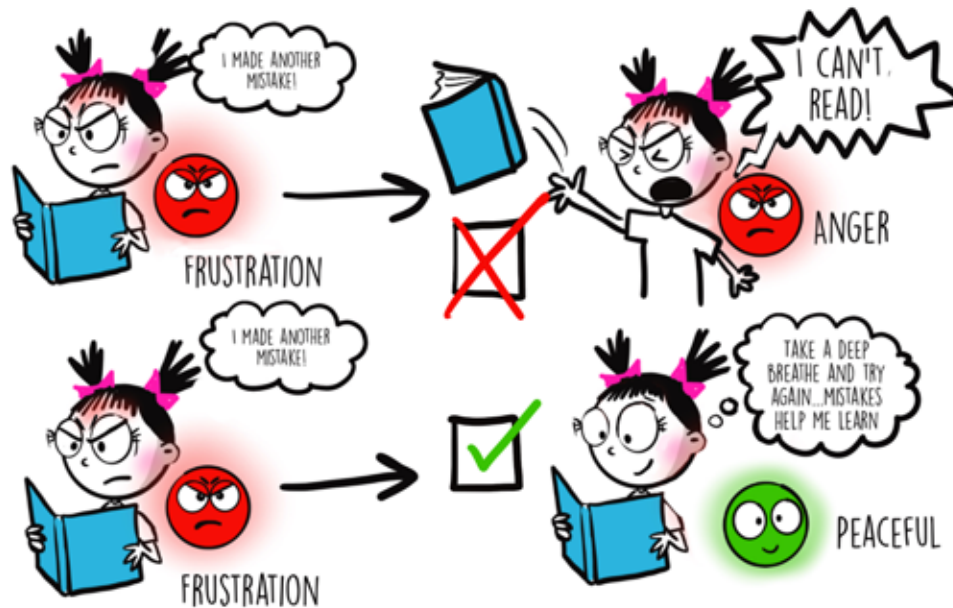
You might hear your child talk about "SPOTS". These characters are a tool we use in school to help your child become the best they can be both in the classroom and at home. Here is a brief intro, so you can learn more about them and see how they work.

## EMOTIONS EFFECT LEARNING, BEHAVIOR, AND SOCIAL SKILLS



WHEN CHILDREN CAN IMAGINE THEIR EMOTION AS A "THING" THEY ARE ABLE TO MANAGE AND IDENTIFY IT EASIER.

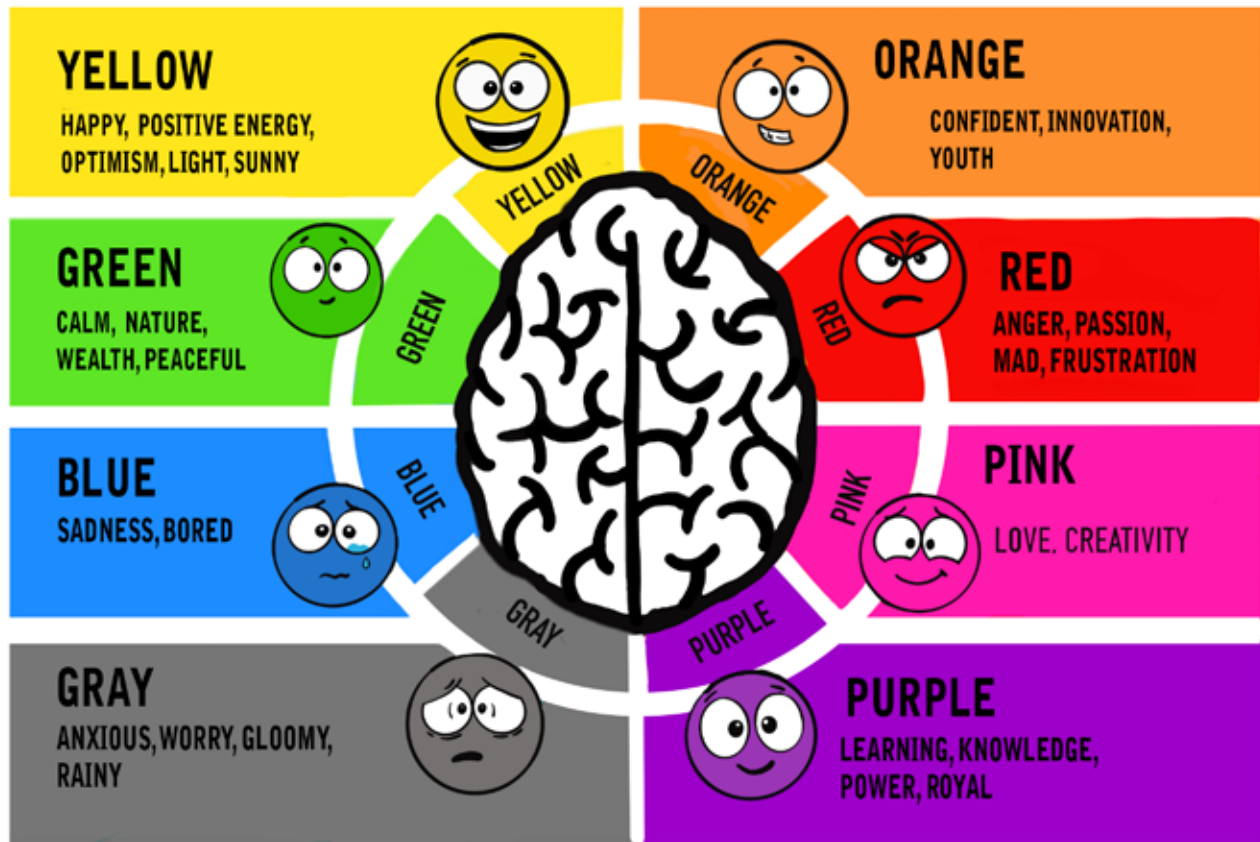
## EMOTIONS → BEHAVIOR



We all experience emotions every day, but what we do with them is key. The goal is to help children navigate their emotions into a positive reaction. So instead of throwing a book when they are frustrated, they can take a second, name their feeling, and apply the correct coping strategy to get back to a Peaceful SPOT!

# MEET THE SPOTS

Empowering children with vocabulary that can help describe how they are feeling, is vital in helping them navigate through challenging situations.



Every aspect of the SPOTS was carefully crafted down to their color. The color of each SPOT is directly correlated with color psychology. Color can evoke emotion and communicate with a viewer; that is why specific colors are used in marketing and design. Following color psychology as much as possible, will also benefit children in their future careers.

HOW CAN YOU GROW YOUR CONFIDENCE SPOT?



HOW CAN YOU SHRINK YOUR ANGRY SPOT?



Because of SPOTS' simplistic nature, they are easy to visualize growing or shrinking based on the emotion they represent.

# PEACEFUL/CALM

Children do not experience outbursts because they WANT to. They do it because they lack the tools necessary to self-regulate. Finding your Peaceful Spot when a BIG EMOTION shows up, is critical in getting back on track and being ready to learn.



## Peaceful SPOT vs Time out

We aren't born with the skills on how to regulate our emotions. Learning how takes time and effort. Time outs do not provide the skills to self-regulate and BIG EMOTIONS often can linger long after time out is over. A Peaceful SPOT or Calming Corner provides a place for the child to calm themselves down. Children aren't able to "think about what they have done" until they are teenagers, so this helps them learn how to regulate their emotions instead.

Dedicate a comfortable and quiet place for a Peaceful SPOT. Include things like coloring books, sensory toys, and a few stuffed animals. Explain to your child how this spot is a place to go when their emotions are TOO BIG. Discuss ways they can calm themselves down. Once they are calm, they can return to the group or activity.

## Try This:

What emotion were you feeling?

This helps them identify how they are feeling.

What calming strategies can you use, the next time?

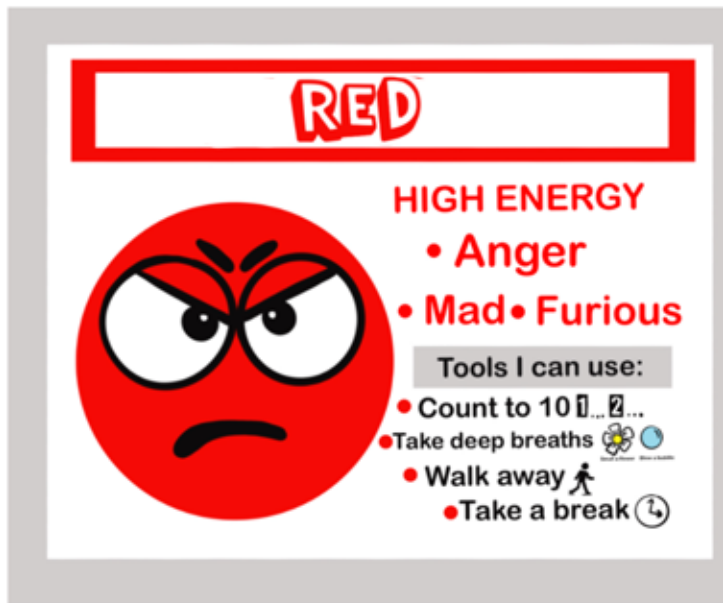
This shows them what to do when a BIG EMOTION shows up again.

When you are calm, you can return to the activity.

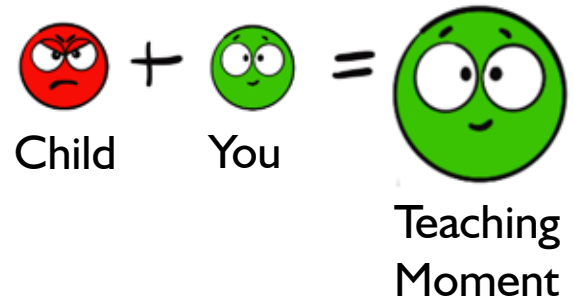
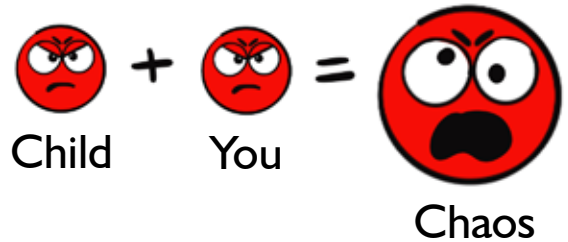
This gives them the ability to identify in themselves when they are calm.

# ANGER/FRUSTRATION

Anger is a challenging emotion to navigate and can get out of control very quickly. Because this emotion is hard for most parents to manage themselves, it can be often hard to help your child when they are Angry.



Anger does NOT CALM Anger



When your child becomes more and more frustrated, it's important that you **STAY CALM**. This gives you a clear head to help your child navigate through the emotion and teach them the appropriate way to act. Your child is trying to communicate with you and is struggling to do so.

## Try This:

I see that your frustration **SPOT** just showed up.

This helps them identify how they are feeling. You might even find out it's not what you thought.

How can I help you?

This shows them that you are there to help them.

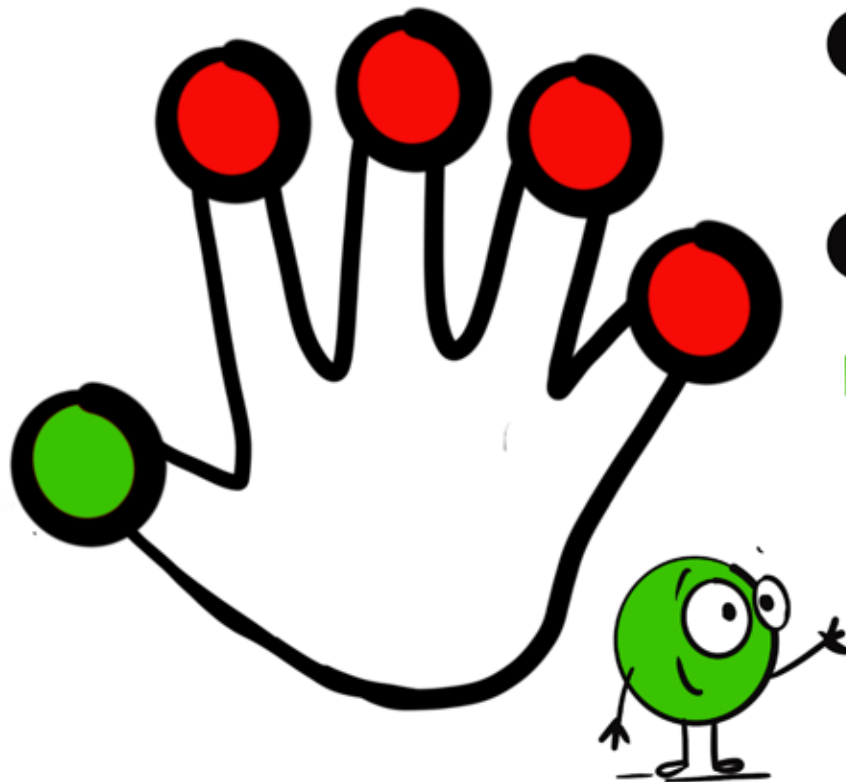
What choices do you have?

This allows them the opportunity to problem solve and look for solutions.



# ANGER/FRUSTRATION

Helping children remember to take deep breaths and focus when a Frustration SPOT shows up, is very important. This coping strategy incorporates counting and breathing. Guidance is also provided below:



- 1 Imagine five spots on your fingers, four red spots on your fingers and one green spot on your thumb.
- 2 Count the spots by touching one red spot to one green spot.

## Now Say:

COUNT YOUR SPOTS  
FROM ONE TO FOUR,  
TAP, TAP, TAP  
AND TAP ONCE MORE.



FILL YOUR LUNGS  
WITH PEACEFUL AIR  
AND COAT YOUR SPOTS  
WITH LOVE AND CARE.

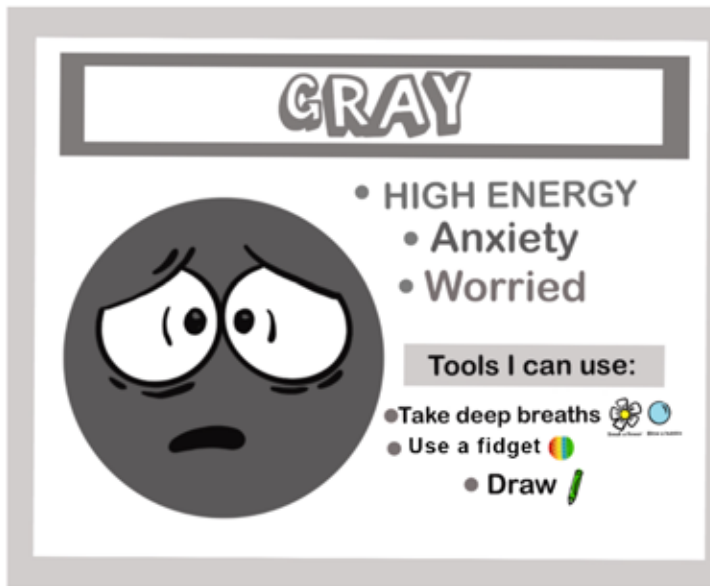
When the child says, "Fill your lungs with peaceful air," your child should take a deep breath.

When the child says, "And coat your spots with love and care," they would exhale by blowing on their fingers. Repeat as necessary until they find their peaceful spot.

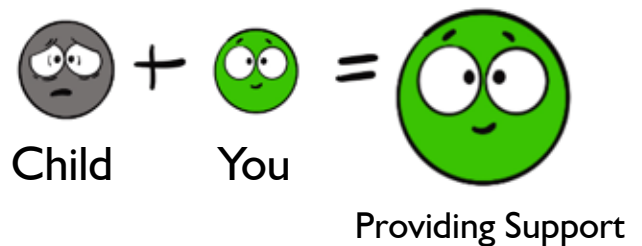
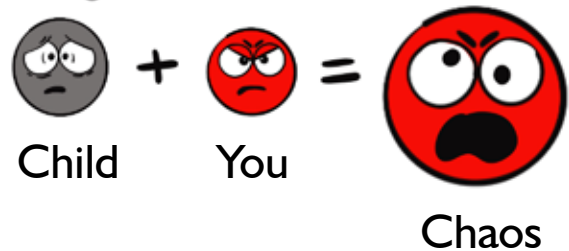
It's helpful if you say the saying with them.

# ANXIETY / WORRY

Anxiety is another challenging emotion. Unless a parent understands anxiety, it can be challenging to navigate through this emotion. Often phrases that you think are helpful become more painful.



Anger does NOT CALM Anxiety



Anxiety and Worry stem from not feeling safe, whether it's logical or not. It's important to offer support rather than dismissal or shame.

## Try This:

I see that your worry SPOT just showed up.

This helps them identify how they are feeling. You might even find out it's not what you thought.

How can I help you?

This shows them that you are there to help them.

You are safe, I am here for you.

This helps them feel like they have you to help them.

## Avoid This:

When you say these phrases below, you convey that you feel their worry or fear is not important. Remember that regardless if their fear is logical or not, it feels real to them.

Don't Worry!

Calm down!

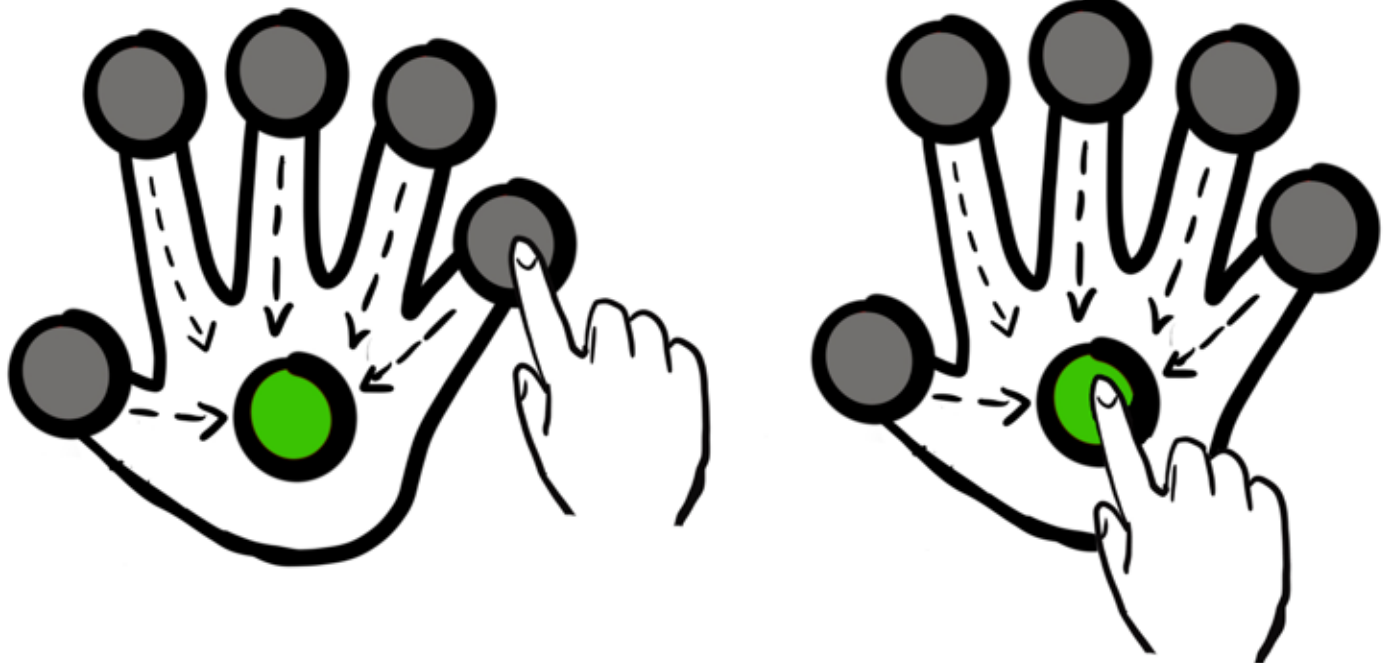
You're fine!

You're overreacting!

# ANXIETY / WORRY

Helping children remember to take deep breaths and focus when an Anxiety SPOT shows up is important. This coping strategy incorporates counting and breathing.

Guidance is also provided below:



- 1 Imagine five spots on your fingers. All five fingers have a gray spot and your palm has a green spot.
- 2 With your other hand, trace one gray spot down to a green spot.

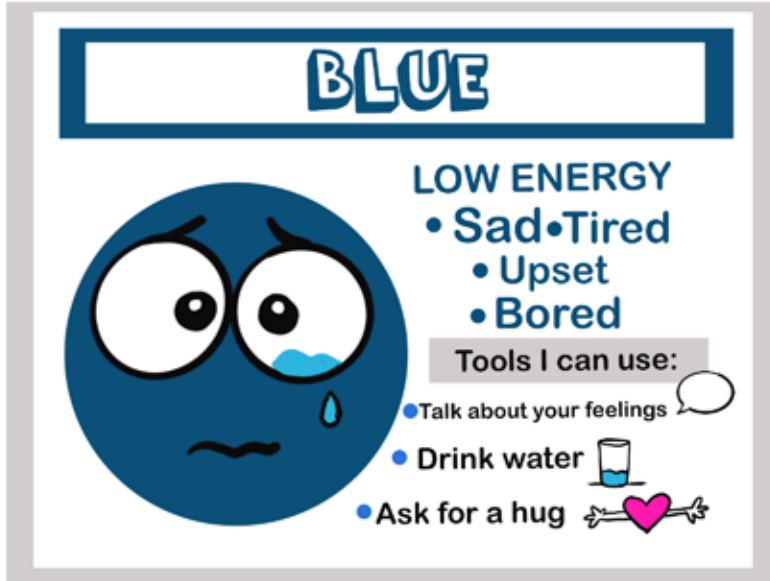
**Now Say:** FROM THE TIP OF MY FINGER, TO THE MIDDLE OF MY PALM,  
I CAN DO THIS! I CAN BE CALM.



THIS WORRY GREW TOO BIG, AND CANNOT STAY,  
TAKE A DEEP BREATH, AND BLOW IT AWAY.

# SADNESS

Sadness is a very powerful emotion. When someone expresses sadness, it encourages others to help. It is an important emotion that we must recognize in ourselves and others because it promotes kindness and empathy.



When sadness arises, you actually want to encourage your child to first find their Peaceful Spot. If they jump to happy right away it can be a temporary fix.

When your child feels Sadness, it's helpful to provide support.

## Try This:

It's okay to cry, I would be sad too.

Do you want to talk about it?

Do you want to draw or write how you feel?

Let's take a deep breath and find our peaceful spot.

Do you need a hug?

Let's make a photo collage, and talk about the good memories.

Remind your child that we all feel sadness. It's important to talk to someone who cares about you to help you through this emotion.



# SADNESS

Helping children remember to take deep breaths and focus when a Sadness SPOT shows up is important. This coping strategy incorporates counting and breathing. Guidance is also provided below:



1 Imagine two spots on your palm. One spot is blue, and one spot is green.

2 With your other hand, trace around the blue and green spots.



## Now Say:

CIRCLE THE SPOTS IN THE MIDDLE OF YOUR PALM, COUNT THE SWIRLS DOWN TO CALM. AROUND AND AROUND, AND AROUND TWICE MORE. ONE, THEN TWO, THEN THREE, THEN FOUR. EACH TIME YOU TRACE AROUND THE SPOTS, TAKE A DEEP BREATH TO CALM YOUR THOUGHTS.

# HAPPINESS/FLEXIBLE THINKING

Happiness is truly a mindset. You can grow your Happiness Spot within yourself regardless of your outside circumstances. It's essential to discuss the power of flexible thinking and explain how the choices you make every day can grow your Happiness Spot.



## FLEXIBLE VS. RIGID

“A Little SPOT of Flexible Thinking” can be read to help explain Flexible vs. Rigid thinking. This book is about when a storm (CHANGE) comes we can either be rigid like an oak tree and possibly break a branch, or we can be flexible like a palm tree and go with the flow.

### Try This:

Think like a palm tree!

This reminds them that they always have at least two choices in a frustrating situation.

What choices do you have?

This helps them problem solve and look for solutions.

How can I help you?

This shows them that you are there to help them.



+



=



Child

Child

Child



+



=



Child


Child

Child

# CONFIDENCE/BELONGING

Confidence grows with our experiences and the people around us. The more confidence your child grows, the easier it will be to manage anxiety. Confidence helps them learn more in school and become more accepted by their peers.

## ORANGE

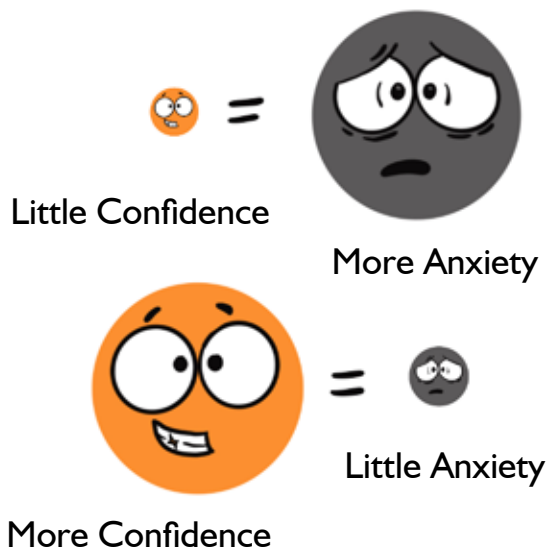


**HIGH ENERGY**

- Confident
- Brave
- Courage

**Tools I can use:**

- Words of affirmation
- Positive thoughts
- Smile



When you remind your child how important they are to you, it builds their Confidence Spot!

## Try This:

I believe in you!

I am proud of you!

I am here for you.

Your Belonging SPOT grows when we make friends. We are social creatures and if your child struggles with belonging, try role playing different scenarios. Offer them guidance on phrases they can use. Also, make an effort to point out when you use these phrases in your own social interactions. their Belonging SPOT.

## Try This:

Hi, my name is...

Can I play with you?

How was your weekend?

# CONFIDENCE/BELONGING

Positive self-talk is incredibly important for growing a Confidence Spot. Try saying positive affirmations on the way to school or when your child wakes up!



**Try this:**



**Today is a new day! I will have a great start.  
I will listen to the voice inside of my heart.  
I will let good thoughts inside of my mind  
and tell myself:**

**I am brave, I am loving, I am kind.**

You can create your own or print this out and place it somewhere your child will remember to say it to themselves.



# LOVE/EMPATHY

Every emotion could use a little LOVE. Learning how to identify when someone feels love or how to give love, is essential in any relationship. We also need to know how to grow love within ourselves as well as in others.



## How does your child like to be loved most?

**With Words**

Example: Telling your child you care about them.

**With Actions**

Example: Helping your child learn a new skill.

**With Affection**

Example: Giving your child a hug.

**With Time**

Example: Playing catch or Barbies with your child.

**With Gifts**

Example: Giving your child a toy or making something for them.

\*Most children will say gifts first, look for the second way they like to be loved.

Have them write or draw ways you show them love and how they like to be loved.

Talk about how it feels to be loved and cared for and ways they can show love.

## Try this:

**Do you prefer a hug, a handshake, or a high five?**

This is a great question to understand how comfortable your child is with different kinds of affection.

**Did you grow a love spot today?**

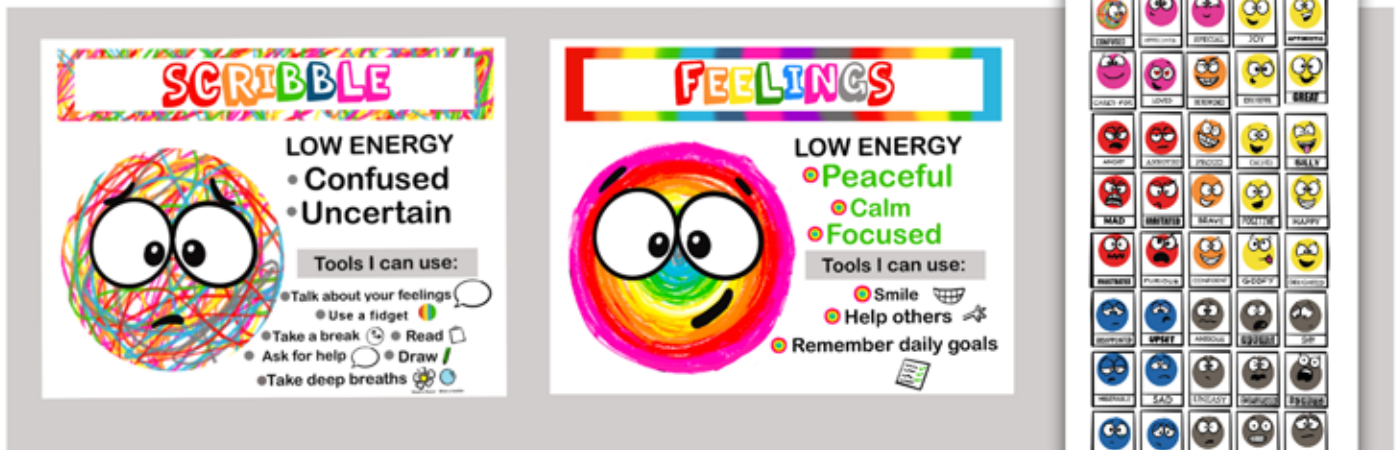
This helps you discover how they have been kind.

**Did someone grow your love spot today?**

This helps you discover if people were kind to them.

# SCRIBBLE/FEELINGS

When our feelings get all tangled inside, it can make us feel uncertain or confused. When this happens, it can result in BIG EMOTIONS getting out of control easily. Identifying how we are feeling is the first step in applying the appropriate coping and management strategy. Our goal is to learn how to turn out scribble spot into a managed feelings rainbow.



## Try this:

When possible, try and do a “Feeling Check-in”. Have your child point to the emotion they are feeling. You can use the chart below or a larger option is available at the end of this guide.

Blue	Green	Yellow	Red	Gray	Orange	Pink
Sad Tired Upset Bored	Peaceful Calm Focused Ready to learn	Happy Silly Goofy Excited	Angry Frustrated Mad Out of Control	Anxious Worried Afraid Overwhelmed	Confident Proud Brave Prepared	Loved Cared for Appreciated Valued

# LEARNING

We all want children to thrive in school. There are numerous things we can do as parents that help our children succeed and be the best they can be!



Learning doesn't stop when your child leaves the classroom. Share your excitement for learning, take every opportunity to explore more of what they learned in school, and try to make every challenging situation a teaching moment.

## Try this:

What was the hardest thing you had to do today?

This is a great question to understand if they struggled and how they overcame it.

What book was read in class today?

Ask questions about the book that was read in class.

Can you show me what you learned today?

This shows your excitement for learning.

## How to help your child learn:

### With Words

Example: Telling your child you believe in them. Praise them for their effort during homework.

### With Actions

Example: Making sure they have had enough sleep, food, and water.

### With Affection

Example: Give your child a high five when they did well!

### With Time

Example: Spending time to talk about your child's day.

### With Gifts

Example: Lunchbox notes with positive thoughts for the day.



# ANIMATED VIDEOS ON YOUTUBE:



Kids Feelings and Emotions  
SONG Animation with A Littl...



Feeling Detective Song-  
Animated Music Video for...



Calm SPOT Song-Animated  
music video for kids



Scribble Song- Kids  
Animated Music Video



Flexible Thinking Song For  
Kids-Think Like a Palm Tree...



Animated READ ALOUD of  
"Invisible Scribble" by Diane...




Animated READ ALOUD of  
the Children's book, "I'm NO...



Animated Read Aloud with  
FUN Jingle: A Little SPOT of...




# SONGS (SPOTIFY, APPLE MUSIC, AMAZON MUSIC)



**Scribble SPOT Feelings Song**  
Single • 2021 • 1 song

▶ ❤️ ...




**Feeling Detective**  
Single • 2021 • 1 song

▶ ❤️ ...



**Confidence SPOT**  
Single • 2021 • 1 song

▶ ❤️ ...




**Kindness SPOTS**  
Single • 2021 • 1 song

▶ ❤️ ...



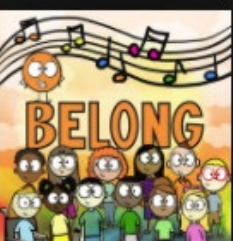
**Good Day**  
Single • 2021 • 1 song

▶ ❤️ ...




**Calm SPOT**  
Single • 2021 • 1 song

▶ ❤️ ...



**Belong**  
Single • 2021 • 1 song

▶ ❤️ ...



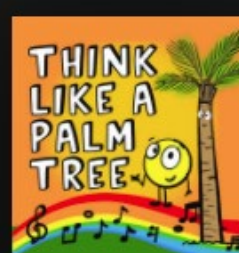
**Teamwork SPOTS**  
Single • 2021 • 1 song

▶ ❤️ ...



**Clean Up Song**  
Single • 2021 • 1 song

▶ ❤️ ...



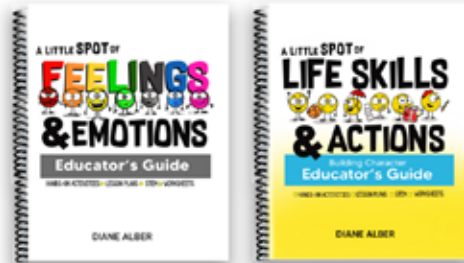
**Think Like A Palm Tree (Flexible Thinking)**  
Single • 2021 • 1 song

▶ ❤️ ...

# BOOKS & MUCH MORE!

Here are some additional tools you can buy that help reinforce the skills in this guide.  
You can visit, [www.DianeAlber.com](http://www.DianeAlber.com)

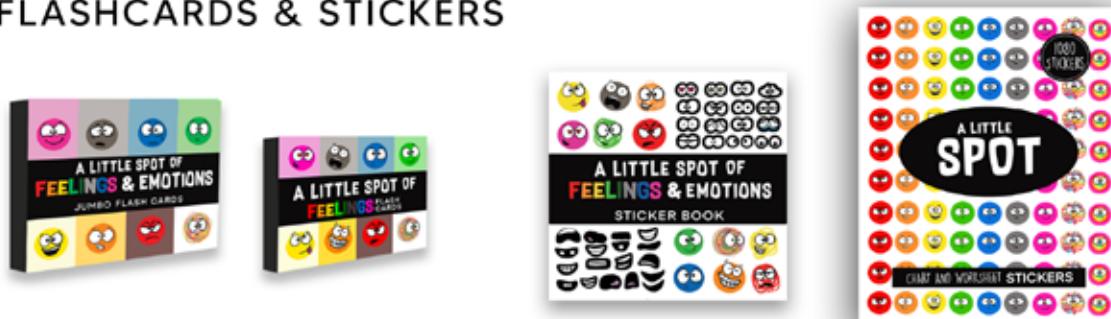
**EDUCATOR GUIDES**  
(Lesson Plans,  
Hands-on Activities,  
and Worksheets)



## BOOKS



## FLASHCARDS & STICKERS





PLUSH TOYS  
3" Minis  
8" BIG



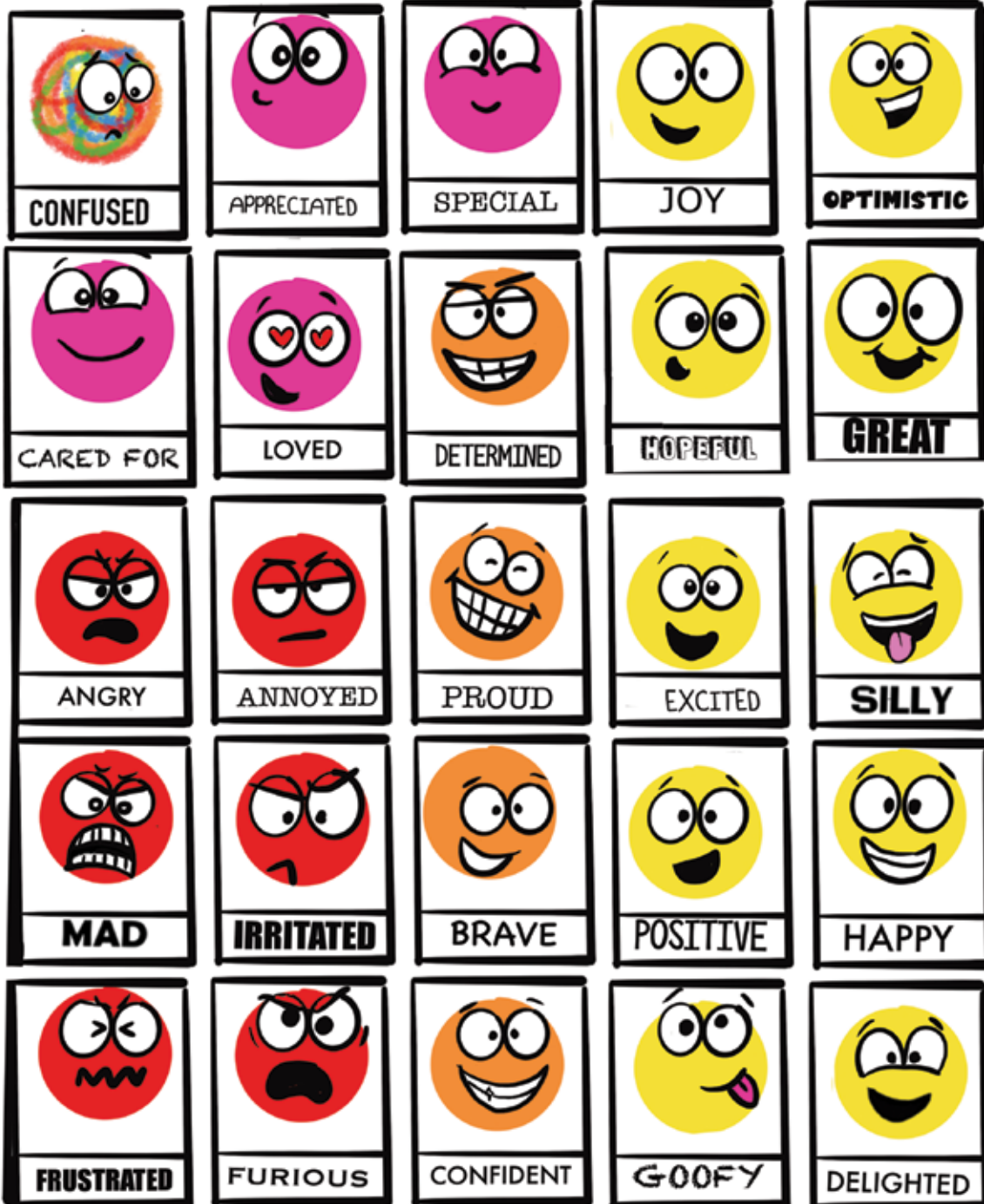
PUPPETS



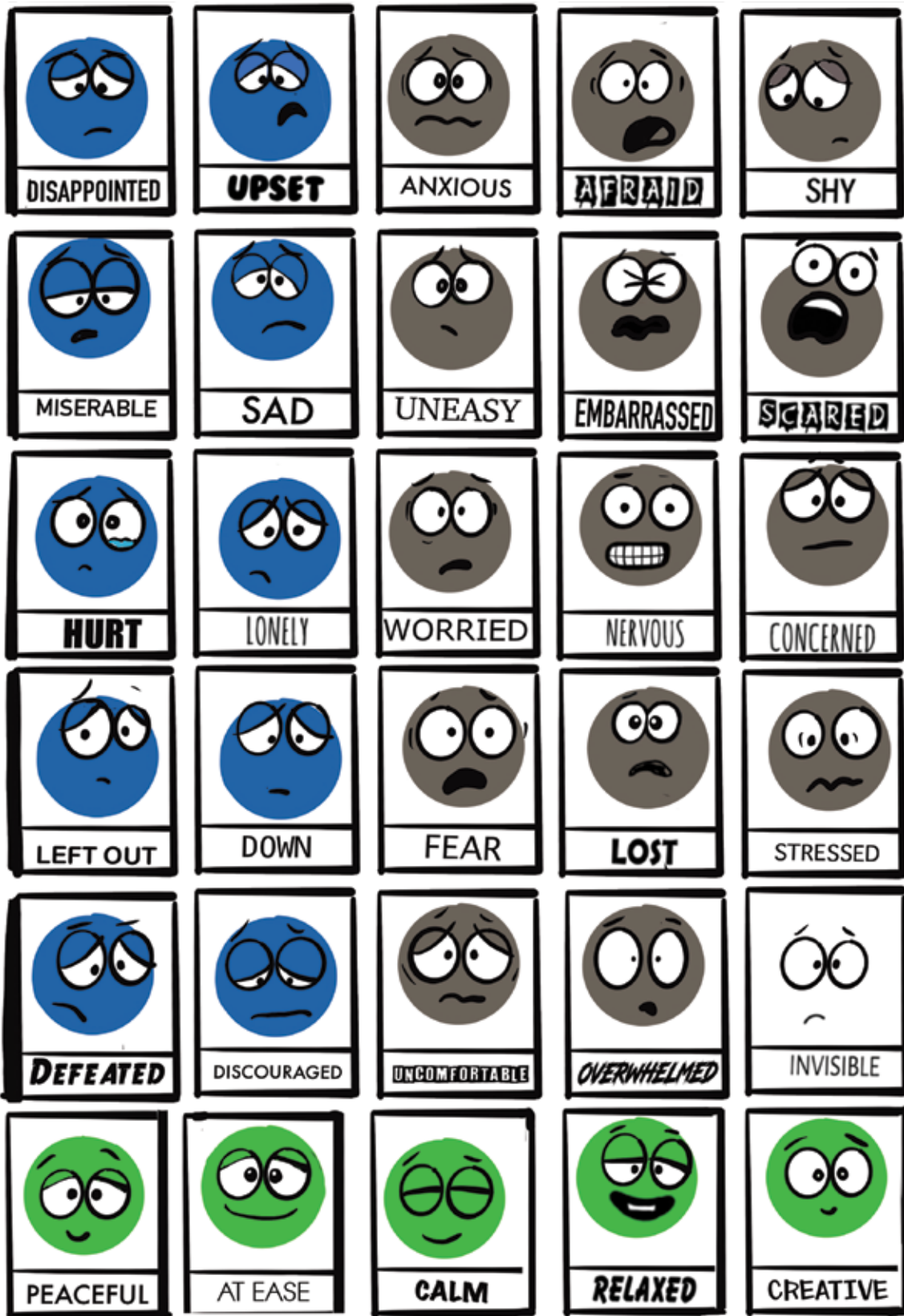
LARGE  
INTERCHANGEABLE  
PILLOW CASES  
24"



# HOW DO YOU FEEL?







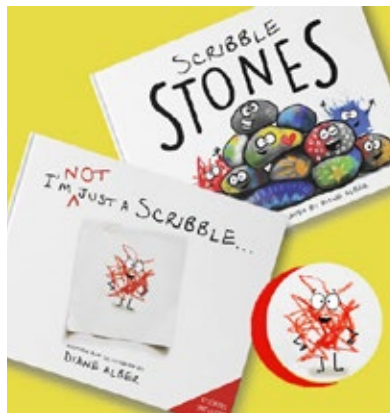
**SPOT IT • NAME IT • SAY IT!**

**"I FEEL...WHEN...."**

# ABOUT THE AUTHOR

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Diane Alber has had a passion for art since she held her first crayon at age two, which inspired her to earn a Bachelor's in Fine Arts from Arizona State University. She is a wife and a mother of two young, energetic children, who love books. She was inspired to start writing and illustrating books because she saw a need for books that inspire art and creativity in children. Her series has evolved to cover topics that are hard to explain to children, like EMOTIONS, actions, and life skills. She hopes her series inspires creativity and encourages children to become the best they can be!



[www.DianeAlber.com](http://www.DianeAlber.com)