

# Emotional Awareness Module

Heart Pack - Ages 3+



The apps, storybooks, and videos within this pack include:



Aggie the Brave: Get Well Soon



Trip to the Nursing Home



Luca Lashes Visits the Doctor



Milo and Izzy: I Can Be



Peppy Pals Sammy Helps Out



Yoga for Kids



Affirmations Song



Dreams



If You're Happy and You Know It



Shine



When I Feel Angry



When I Feel Good about Myself

Dynamic Thinking

Building Community

**Emotional Awareness**

Healthy Living

*The goal of the Emotional Awareness Module is to help kids identify, understand, and manage their emotions to promote a positive outlook.*

TOPICS IN THIS MODULE INCLUDE:

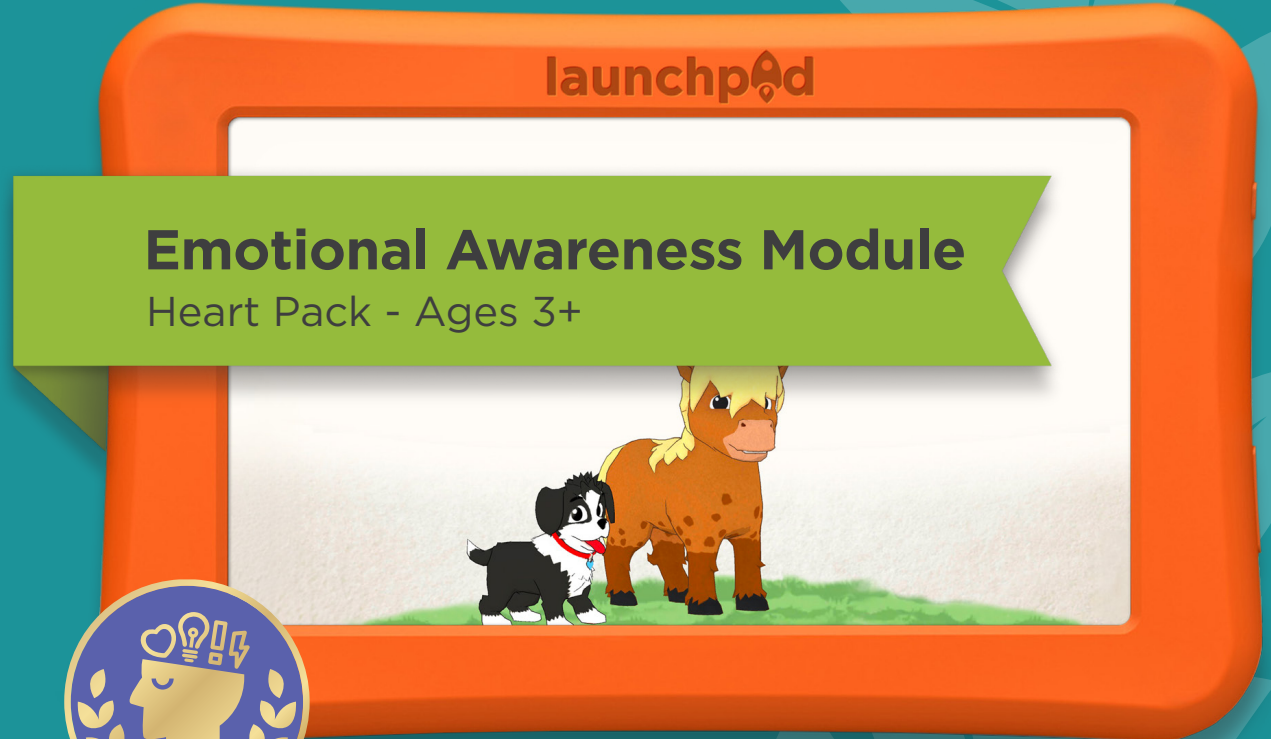
- Self-awareness
- Emotional regulation
- Self-esteem
- Coping skills

**Emotional Awareness Module**  
Heart Pack

**AGES 3+**



**LIFE SKILLS ACADEMY**



**Learning Apps. Storybooks. Videos.**

Launchpad Life Skills Academy is designed to help kids gain the knowledge and mindset to promote both personal and academic development. Kids will cultivate the necessary social and emotional skills to prepare them for whatever comes next.



**WARNING:**  
CHOKING HAZARD - Small parts.  
Not for children under 3 years.

CAUTION—ELECTRONICALLY OPERATED PRODUCT  
The Launchpad format is recommended for children ages 3+ Adult Supervision Recommended. As with all electric products, precautions should be observed during handling and use to prevent electric shock.

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