

# Emotional Awareness Module

Mindset Pack, 2nd edition - Ages 8+



LIFE SKILLS  
ACADEMY



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ACADEMY

launchpad  
academy

GUIDED LEARNING TABLETS

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



Accept & Learn From Mistakes



How Do Colors Effect Our Moods?



Jesse Owens: Never Give Up!



Learn How to Let Go of Things



Lucky's Learn Emotions



Slice of Bread at the Beach



Tag Your Dreams



The Fisherman and His Wife



The Islander



Koeppen Relaxation 2



Put Me In, Coach!



Mariana Gives Thanks

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

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**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.

playaway  
PRODUCTS

**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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