

Emotional Awareness Module

Express Yourself Pack, 2nd ed. - Ages 3+



LIFE SKILLS
ACADEMY



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launchpad
academy

GUIDED LEARNING TABLETS

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



Bali: I Need
a Haircut



Cool Careers
Dress Up



How Are You?



Princess Dress Up:
Frozen Land



Silly Billy
Hair Salon



The Emotions Song



Wonder Woollies
Play World



Cool to Be Weird



Something Special
Song



We Love Our Hair
Song

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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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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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.