

INTRODUCTION

This colorful wooden clock is designed to help children identify and express their feelings in a simple, hands-on way. Instead of telling time, the clock hands are used to point to emotions that kids are feeling right now. It's a fun and easy way to help them learn to talk about their feelings!

THE EIGHT EMOTIONS



HAPPY



SAD



ANGRY



SURPRISED



SCARED



EXCITED



CALM



CONFUSED

HOW TO USE BY AGE

AGES 3+: START SIMPLE

- Begin with 3-4 basic emotions (happy, sad, angry, scared)
- Ask child to use one clock hand to point to what they're feeling
- Connect to what they see: "This flower means happy. Are you feeling happy?"
- Praise attempts: "You showed me what you're feeling!"

AGES 4+: BUILD COMPLEXITY

- Introduce all eight emotions gradually
- Model using both clock hands: "You can feel excited AND scared at the same time!"
- Ask deeper questions: "What made you feel surprised?"
- Encourage empathy: "How do you think your friend is feeling?"

ACTIVITY IDEAS

EMOTION STORIES

- Move the hands to match characters in books: "How is the bear feeling?"
- Create stories: "Once there was a child who felt..." (point to emotion)

FAMILY SHARING

- Take turns: Each family member shows their current emotions
- Model emotional vocabulary: "I'm feeling calm and happy right now."

PROBLEM-SOLVING

- When upset, use the clock: "Can you show me how you're feeling?"
- Validate: "I see you're pointing to angry. That can be a big feeling."
- Guide: "What might help you feel better?"

DAILY ROUTINE

- Prepare for the day: "How are you feeling today?"
- Throughout the day: "How did you like doing this puzzle? How do you feel about cleanup?"
- At bedtime, review the day's emotions: "What did you feel at the zoo today?"



BONUS REFLECTION QUESTIONS

- "I notice you moved the hand to [emotion]. Can you tell me about that?"
- "What does [emotion] feel like in your body?"
- "Sometimes I feel [emotion] too. Would you like to know when?"
- "Can you think of another time you felt this [emotion]?"

KEY TIPS

- **Start small:** Don't overwhelm your child by teaching all emotions at once
- **No judgment:** All feelings are acceptable and normal
- **Model emotions:** Share your own feelings using the clock
- **Connect to situations:** Help them understand what causes different emotions
- **Use specific emotion words:** Instead of "good/bad," use emotion names

REMEMBER

Young children are just learning to identify emotions. Some days they might not want to use the clock - that's perfectly okay. Your calm, accepting responses teach them that emotions are safe to share.

The goal is building emotional awareness and vocabulary, creating a foundation for lifelong emotional intelligence!

JOIN OUR COMMUNITY!

Unlock free resources to support your child's emotional growth:

- Social-emotional learning activities
- Printable materials
- Expert tips and guides

Simply register your product at thinkpsych.com/register or scan the QR code below.



At ThinkPsych, we know that emotional intelligence is essential for a happy life. Our expert-designed products help kids effortlessly develop skills that will serve them for a lifetime. Join us in making social-emotional learning engaging and fun - exactly as it should be.



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SKU: FCP-01
10/25-01/SZ1
MADE IN CHINA

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Parent Guide