

WISDOM

The World of Emotions



Welcome

Welcome! We are excited to introduce you to **Wisdom: The World of Emotions**. Wisdom is a fun and interactive way for your child to strengthen their self-awareness, self-management, social awareness, relationship skills, and responsible decision making. In the game, your child will meet Wisdom who needs to win superpowers to help the inhabitants of the Kingdoms of Fear and Anger manage their emotions. The app also offers hands-on activities, Augmented Reality breathing games, beautiful printable worksheets, in-app questions to reflect on their learning with you, and parenting resources to support your important work.



1. What to Expect

Once you have downloaded the app, you will be asked to create an account. You will then be introduced to the **Main Menu** with 2 sections:

- **Kids:** press play for interactive games your child can play independently. Press Meditate to access guided meditations or Practice Together for hands-on activities and printable worksheets you can do together.

- **Parents:** press play to see what your child is learning. Press Parenting Tips to help your child with anxiety, behavior, maintaining friendships, and other parenting challenges





2. Playing Wisdom

Your child will choose which Kingdom (Fear, Anger) they would like to explore. We encourage you to watch the **introductory video** with your child. **You will meet Wisdom, the King, and the inhabitants of the Kingdom.** The King instructs Wisdom (and your child) **the objectives** of Wisdom: The World of Emotions. You can always rewatch this introduction by pressing the replay button at the bottom left corner of the Kingdom's home page.



After the introduction, your child can tap on the **activity area to play games and win superpowers.** Each game is unique for learning about specific aspects of emotions and your child will be able to win specific superpowers in each game. The button in the top left corner will take you back to the kingdom.

After playing a few games and earning a few superpowers, your child will have a chance to **help the inhabitants manage their emotions.** Each inhabitant will give clues for which superpower is needed to regulate their emotion. After using an action superpower, your child will choose a **reconciliation superpower to help the inhabitant.** All the inhabitants in each chapter will need help managing emotions before moving on to the **interview questions** and the next chapter.



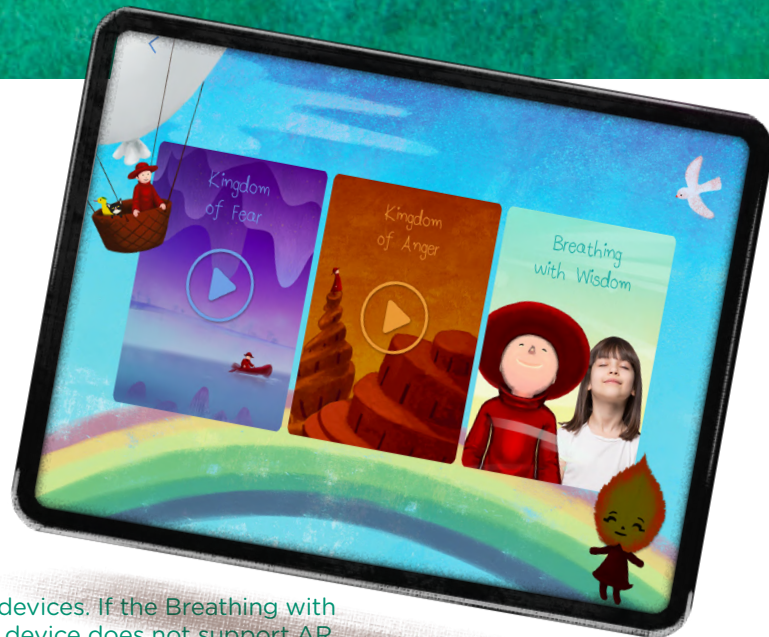
3. Parent Engagement

Your child or children can play independently but parent support and engagement is encouraged! Younger children may need additional support with navigating between the Activity Area and the Kingdom of Anger initially. At the end of each chapter your child will be prompted to find you for the interview questions regardless though! It's a great opportunity to reflect with your child on what they have learned.



4. Augmented Reality*

An additional exciting feature to Wisdom are the augmented reality (AR) activities. These can be found by selecting the Breathing with Wisdom button. In this feature, Wisdom is superimposed into your world and will guide your child in breathing activities. Your child will follow along with Wisdom in three different breathing exercises: Breathing with Wisdom, Glitter Shower, and Bubble Breathing. The AR feature is the perfect way for your child to learn calming strategies through a hands-on experience, and with their new friend, Wisdom!



*The AR feature is not available on all devices. If the Breathing with Wisdom button does not appear, your device does not support AR.



5. Customized Book

The answers you compiled for the interview questions are stored locally on your device and are **confidential**. Once you've completed all the interviews with your child, a **beautifully personalized book that includes your child's name and in-app responses will be automatically generated**. Your child will love to **see themselves as a part of the story!** This book, personalized just for you, will further **strengthen your child's learning experience** and reading the customized book together with your child will support their social emotional growth.

Discover our collection of workbooks to help your child further develop their social emotional skills.

6. Learning Outcomes of Wisdom

The skills your child will strengthen by engaging in social emotional learning activities are **skills that will continue to grow and last for a lifetime**. They will be able to **resolve conflicts, build positive relationships, and make healthy decisions**. Managing big emotions isn't always easy but Wisdom will help your child to know how to **recognize, communicate, and regulate** those emotions.

Learn more about how Wisdom **enhances social emotional learning** by engaging in the five competencies defined by the Collaborative for Academic, Social, and Emotional Learning.



Stay Connected

Questions? Visit our FAQ or email us at joy@betterkids.education
Want to learn more? Visit our website betterkids.education
Check out our blogs to learn more about social emotional learning, and sign up for our newsletter.

