

*I have the cable
in my pocket*



6 TALES

BASED ON REAL STORIES TO HELP KIDS
MANAGE THEIR EMOTIONS IN A NEW
REALITY THROUGH PSYCHOLOGY AND ART

Fernanda Rodríguez Muguruza



Material endorsed
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Child Psychology

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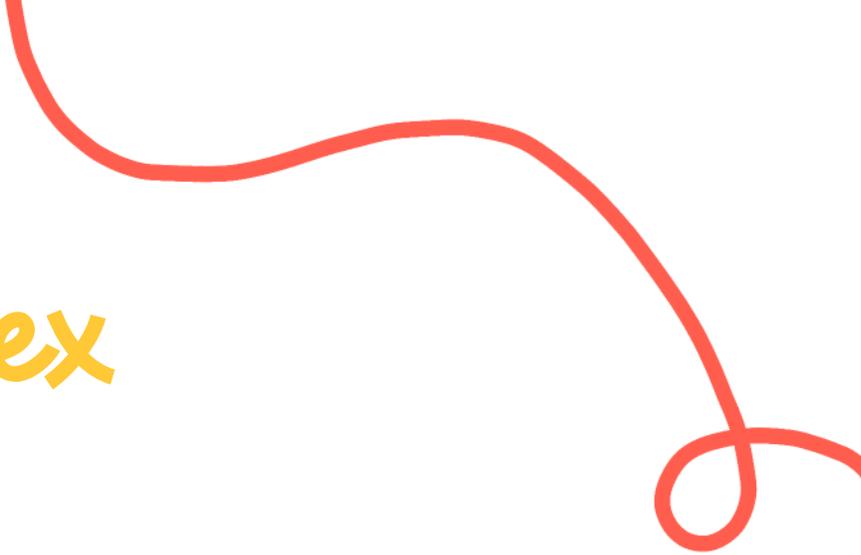


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* SYNOPSIS

* INTRODUCTION

1) JOY

Activity: Rhythm and Color!

2) SADNESS

Activity: The Supersuit

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4) SURPRISE

Activity: Lights, Camera, Action!

5) DISGUST

Activity: Namaste

6) FEAR

Activity: Transformation Machine

"I HAVE THE CABLE IN MY PÖCKET" is a book with six stories for children that develop the six basic emotions. Each tale includes a short story, an emotion identification section, an emotional expression section and an art activity.

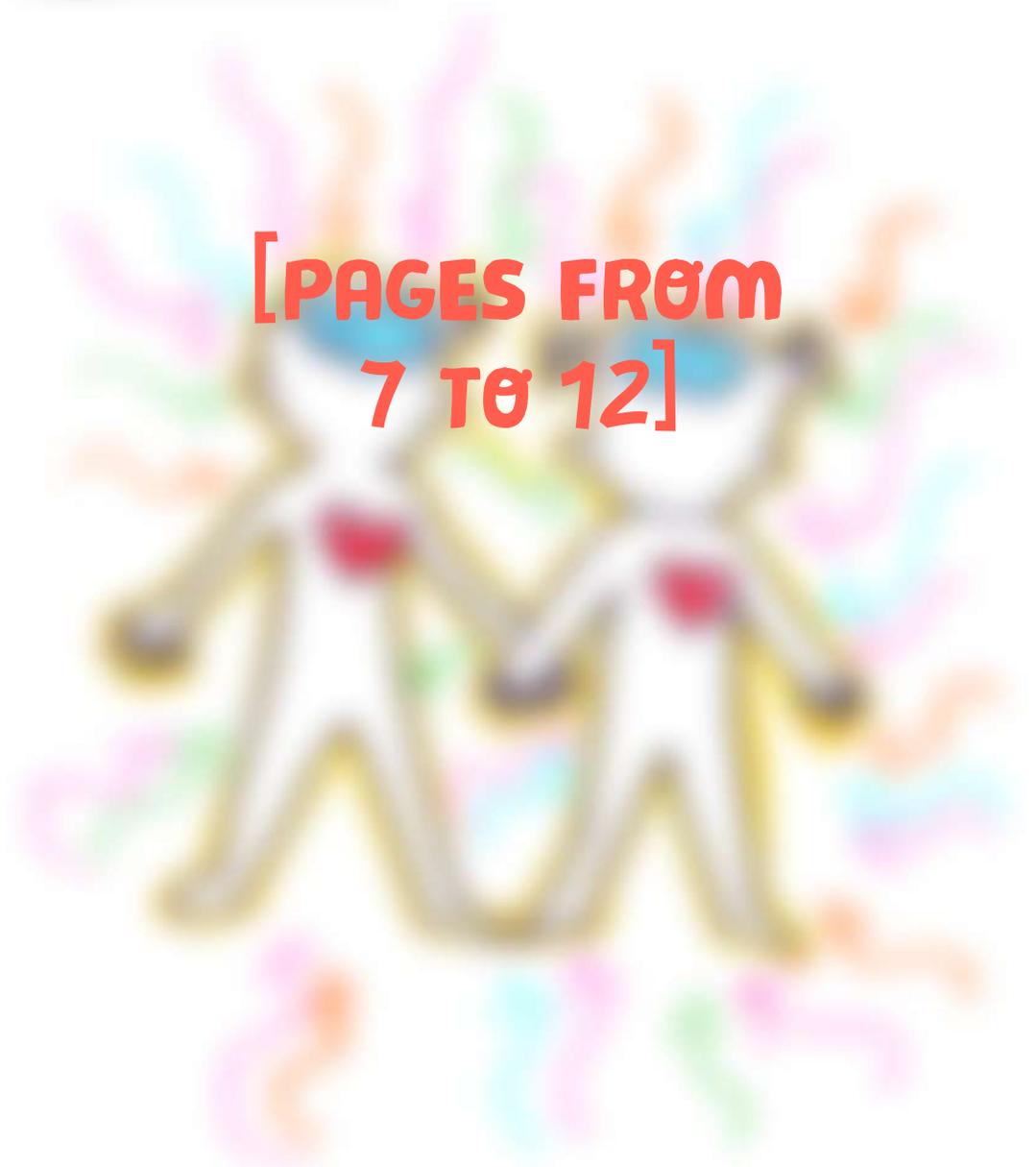
The 2020 COVID-19 pandemic resulted in a destabilization of the emotional balance in the child population. Many kids were affected by the changes in their lives and by the air of uncertainty. The author has based her tales in real stories of kids around the world during the pandemic, focusing them on two characters that will bring life to their testimonies.

The international success of "We will dance under a Star", a prevention and reflection story about COVID-19 written by the same author, revealed the need for a psychological approach that can help promote mental health in the child population. **"I HAVE THE CABLE IN MY PÖCKET"** aims to strengthen emotional intelligence in kids through literature and art. This purpose will help readers become aware of the emotion-cognition interaction, which is why the title invites them to empower themselves through the self-control of always having the imaginary "cable" that joins their heart and mind in their pocket.

This psychological support material is based on the benefits that reading and art bring to the development of the human being. On the one hand, the design of her texts allows the readers to understand, analyze and reflect on their emotions. On the other hand, the structure of the art activity provides tools to facilitate the expression and resolution of every emotion. Each kid as protagonist of their own emotional discovery and free artistic creation, will be able to generate more emotional skills.



**[PAGES FROM
7 TO 12]**



Joy

Milo and Lia enjoy being home lately.
They have a **NEW GAME** in mind daily.





They've gotten used to spending time with their **FAMILY**.
How wonderful to share with your loved ones so happily!

In the afternoon, they visit the park filled with flowers.
They love **NATURE** and could watch butterflies for hours.





And in the night, making dessert is their mission.
Having fun in the **KITCHEN** has now become tradition.



Milo and Lia are also happy...

When it's time to paint, *they laugh without constraint.*

When they read stories, *they have no worries.*

When they open a present, *they find it very pleasant.*

When their auntie gives them a call, *they jump with joy and nearly fall.*

And when are you happy?

Milo and Lia show their happiness by...

SMILING

JUMPING



LAUGHING

Saying:

I'm HAPPY!

And how do you show it?

An illustration of several pairs of legs hanging down from the top of the page. A piece of yellow tape is stuck to the center of the legs. Below the legs, there are several colorful footprints in shades of green, yellow, red, and purple. The word 'Activity' is written in a cursive font, and 'RHYTHM AND COLOR!' is written in bold, colorful block letters.

Activity: **RHYTHM AND COLOR!**

- 1) There is a clue on page **18**. When do Milo and Lia laugh without constraint?
- 2) Play your favorite song and turn the volume up!
- 3) Paint your feet with your favorite tempera while the brush tickles you.
- 4) Start dancing in a big piece of paper and mark it with your colorful footprints.
- 5) Enjoy your piece of art!
- 6) And now what do you think about trying it with other parts of your body? Explore!

**[PAGES FROM
21 TO 61]**

This book develops:

Emotional management

Self-esteem

Conflict resolution

Decision-making

Patience

Stress and anxiety relief

Social skills

Values

Concentration

Psychomotricity

Memory

Creativity

And more!



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