



Guide for *Getting Started*



Empowering adults and children to *grow emotional well-being together* through **simple activities, dialogue role-playing,** and **everyday moments** of connection and care.

At Biobe, Inc., (pronounced Bio·be) we're a team on a ***mission to help nurture child wellbeing from the earliest years***. With our team of child psychologists, we've developed these flashcards to **simplify strategies, examples, and activities from therapy and resource books, making them easy for busy caregivers on the go.**

This edition of the **Sprout Emotional Wellness Toolkit** deck, '**Foundations**,' offers broad activities, dialogues, and resources for child emotional well-being. If after a few months you feel you need more support, that's okay! Talk to your pediatrician for additional options—they're a great resource. **Every child's emotional well-being toolkit is unique.**

Visual Quick Start Guide Overview

Card Theme



Distress Level



Low



Medium



High



Tool Types



Shift unhelpful thoughts



Cognitive Restructuring & Thought Work



Face challenges step-by-step



Problem-Solving & Gradual Exposure

Understand feelings and brain



Explanation & Psychoeducation



Calm the mind gently



Mindful Distraction & Relaxation



Connect and build trust

Adult-Child Connection & Positive Reinforcement



Move to regulate emotions



Behavioral Activation



Environmental Supports & Visual Aids

Create structure & clarity

Read through the tools on each card!

2



Pick 1-3 tools you (or your child) believe might work.



Practice them with your child when they are calm.

3

4

Try it out when they are distressed.



5



Make note of how it works for your family ("Works best at bedtime when calm").

6

Keep trying it! Strategies work best when kids know what to expect.



Repeat steps with new cards!

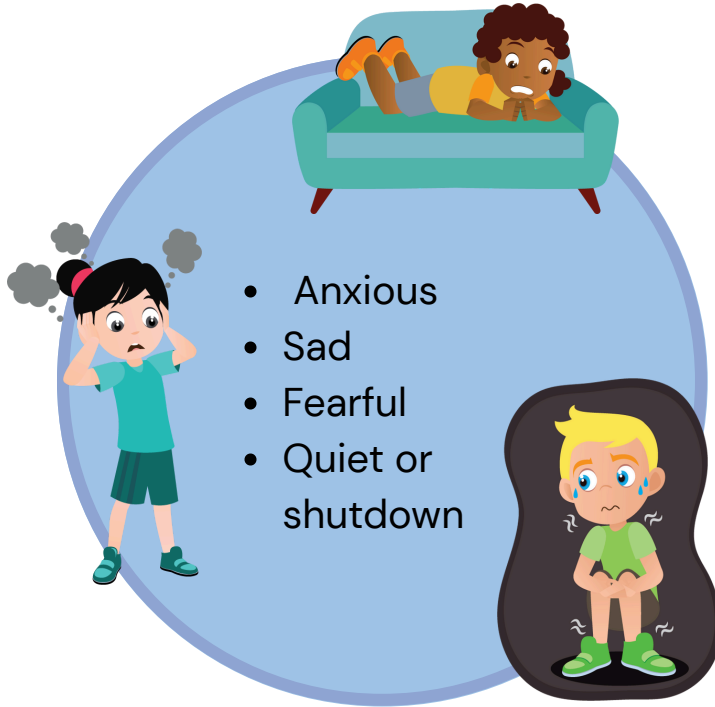
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Getting Started

Visual Quick Start Guide

Part 1

Card Theme



Distress Level



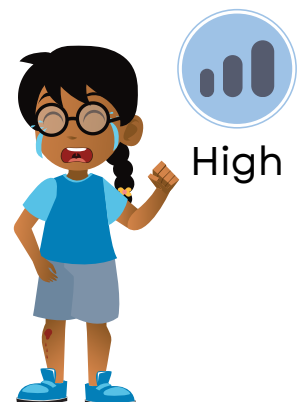
Examples:

- A child who's a little bored or frustrated after school
- A child who's not in the mood for bedtime but isn't upset



Examples:

- A child who's worried about a test and snapping at everyone
- A child who's angry after losing a game or not getting their way



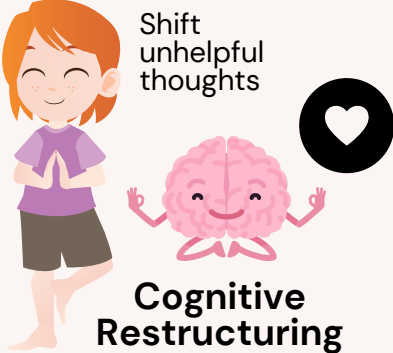
Examples:

- A child who's having a panic reaction or intense tantrum
- A child triggered by a loud noise, separation, or a big change

Visual Quick Start Guide

Part 2

Tool Types



Shift
unhelpful
thoughts

**Cognitive
Restructuring
& Thought
Work**



Understand
feelings and
brain

**Explanation &
Psychoeducation**



Face challenges
step-by-step

**Problem-
Solving &
Gradual
Exposure**



Connect and
build trust

**Adult-Child
Connection &
Positive Reinforcement**



Calm the mind
gently

**Mindful
Distraction &
Relaxation**



Move to
regulate
emotions

Behavioral Activation



**Environmental
Supports & Visual
Aids**

Create structure &
clarity

Visual Quick Start Guide

Part 3

Getting Started

Read through the tools on each card!



2



Pick 1-3 tools you (or your child) believe might work.

Practice them with your child when they are calm.



3

4

Try it out when they are distressed.



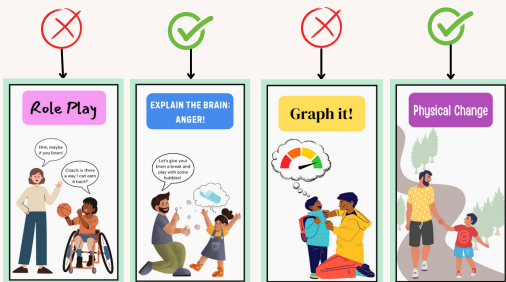
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Keep trying it!
Strategies work best when kids know what to expect.



6

Make note of how it works for your family ("Works best at bedtime when calm").



Repeat steps with new cards!

7

Getting Started Together:

A Simple, Fun Way to Explore Your Toolkit

We know it can be hard to read instructions when your child is excited (or overwhelmed). This step-by-step process lets you and your child explore the Sprout cards together, at your own pace—with simple tasks for your child and helpful tips for you.

Child Instructions

Caregiver Instructions

Step 1: Sorting Theme/Colors

Sort the cards into two groups by color:

Light Blue → Worries, sadness, or fear

Light Green → Outbursts, frustration, defiance, or big energy



(while they sort) Read the “Understanding the Cards: Themes” page to learn more about card coloring. This background will help you find tools specific for your child’s needs and behaviors—and explain the colors in a simple way.

Example explanation for your child:

- “Blue cards are tools meant to help when you're feeling worried or sad. Green ones are for when you're mad or overwhelmed.”

This isn't working? Check out the **Visual Quick Start Guide**.



Getting Started Together:

A Simple, Fun Way to Explore Your Toolkit

Child Instructions

Caregiver Instructions



Step 2: Sorting Intensity Levels

Now sort the cards in each of the two color piles, this time by symbol:



Low



Medium



High

(while they sort) Flip to the “Understanding Distress Levels” page to read about what low, medium, and high distress are defined as here—and how strategies match each state. This helps you observe your child with more clarity and calm.

Example explanation for your child:

- “1 means you’re just a little off. 2 means you’re upset but we can still talk about it. 3 means things feel too big right now, and we’ll help your body calm first.”

This isn’t working? Check out the **Visual Quick Start Guide**.

Getting Started Together:

A Simple, Fun Way to Explore Your Toolkit

Child Instructions

Caregiver Instructions

Step 3: Favorite Card Discovery

Look through the cards and pick 3 to 5 cards you like best. These could be ones that:

- Feel fun or interesting
- Seem like they might help
- Just look cool (that's okay too!)



Let your child do this part as independently as possible, if they want to! While they explore, read the **"Types of Cards"** page to learn about the different mechanisms and their icons (like *calming the body*, *shifting thoughts*, *problem-solving*, etc.).

Observe: Are they drawn to a certain kind of card?

You might ask:

- "What made you choose that one?"
- "Do you think that would help when you're feeling ___?"
- "Should we keep these out to try this week?"



This isn't working? Check out the **Visual Quick Start Guide**.



Getting Started Together:

A Simple, Fun Way to Explore Your Toolkit

Child

Caregiver

Together



Step 4: Try it Out!

(together) Choose 1–3 cards to keep out and try this week. You can practice them at bedtime or when you're both feeling calm. Place the chosen cards in a visible spot—on the fridge, bedside table, or a calm corner. You can scan the QR code to bookmark them on your phone or in the app (*if available in your region*).

- ✓ Strategies work best when practiced before a moment of distress.
- ✓ Comfort and skill-building take time—this is a process, not a quick fix.
- ✓ Repetition builds confidence. You might notice the card doesn't "work" at first, but over time, it becomes part of your child's toolkit.

Step 5 : Reflect, Refresh, Repeat

Keep an eye on how each strategy feels: Was it easy to remember? Did your child try it on their own? Did it seem to help even a little?

After a week or two, check in: Would your child like to keep that card in rotation? Try a new one? Mix a few together?

Understanding the Cards: Themes

Each Sprout strategy card is bordered in a specific color to help you quickly find the right kind of support for your child's emotional needs.

Light Blue –

The strategies on these cards are best for situations when your child is feeling **anxious**, **overwhelmed**, or **nervous**

- Saying things like: "I can't do it!" or "What if something bad happens?"
- Acting withdrawn, teary, or frozen

These strategies help calm big thoughts, shift perspective, and support confidence from the inside out.



- Anxious
- Sad
- Fearful
- Quiet or shutdown

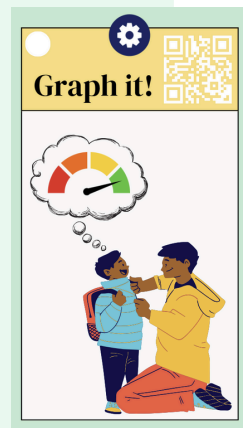


Light Green–

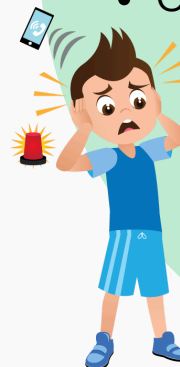
The tools on these cards are best for situations when your child is **yelling**, **refusing**, **interrupting**, or **acting impulsively**

- Saying things like: "I'm not doing that!" or "You can't make me!"
- Seeming full of energy but struggling to focus or follow directions

These strategies are grounding, structured, and designed to help with attention, behavior, and big reactions.



- Mad
- Defiant
- All over the place
- Overstimulated



Most kids experience both kinds of feelings—and that's totally okay! You can mix and match strategies depending on what's going on in the moment and what works best for your family.

Understanding the Cards: Distress Levels

Each card is marked with an icon to indicate levels of distress—**low**, **medium**, or **high**—helping you choose the right approach for every moment, from calming mild stress to navigating more intense emotions. Here are some examples to guide you:

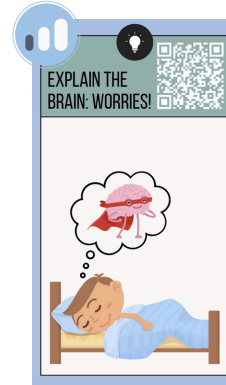
Low Distress –

Small struggles or mild frustration

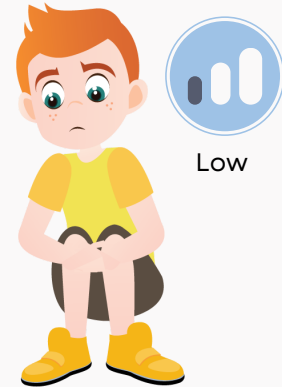
Your child is mostly calm but feeling a little worried, disappointed, or unsure. These are great moments to teach and connect—your child is open and able to reflect.



A Case for the "Yets"
 Child: "I can't read alone!"
 You: "You can't...yet! Let's think about how you've gotten better at other things."



Explain the Brain – Worries!
 Child: "I have too many worries to sleep!"
 You: "That's your worry brain getting loud. Want to learn how we can quiet it down?"



Low

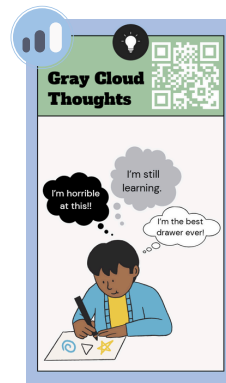
Examples:

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Medium Distress –

Big feelings, but still reachable

Your child is upset, frustrated, or discouraged and might be raising their voice, withdrawing, or using unkind words. This is a good time to help them shift their thinking or calm their body, using tools that keep the moment from escalating.



Gray Cloud Thoughts
 Child: "I'm the worst drawer in the world!"
 You: "Sounds like a gray cloud thought. What would a more balanced one be?"



Medium

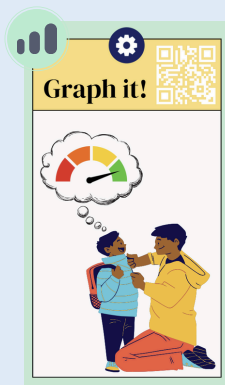
Examples:

- A child who's worried about a test and snapping at everyone
- A child who's angry after losing a game or not getting their way



List 'em

You: "Let's list everything that's feeling hard right now. You don't have to fix it yet—just notice it."



Graph it!

Child: "I don't want to go to school!"
 You: "On a scale from 1 to 10, how big does this feel right now? Let's mark it down together."

High Distress – Overwhelmed or in meltdown mode

Your child is yelling, crying, hiding, or frozen. They're not ready to talk or problem-solve yet. These cards offer structure and grounding during moments when emotions feel too big.



High

Examples:

- A child who's having a panic reaction or intense tantrum
- A child triggered by a loud noise, separation, or a big change

Understanding the Cards: Type of Tools

Each Sprout tool was designed with care—and a purpose. These categories represent how a card works to support your child. You don't need to use them every time, but they can help you notice patterns: Which strategies work best for your child? What do they need most right now?

Here's a quick guide to the types of tools you'll find in your deck:

Explanation & Psychoeducation

How it helps: Explains why feelings happen in the brain and body
Why it matters: Understanding emotions can make them feel less scary and more manageable
Try when: Your child feels confused, overwhelmed, or wants to know "what's wrong with me?"

Cognitive Restructuring & Thought Work

How it helps: Challenges negative thoughts and encourages flexible thinking
Why it matters: Thoughts shape feelings—these cards help kids rewrite unhelpful mental scripts
Try when: Your child says things like "I'm the worst!" or "Nothing ever goes right."

Behavioral Activation & Body Tools

How it helps: Uses movement, breath, or physical action to shift emotional state
Why it matters: The body and brain work together—sometimes we need to move to feel better
Try when: Your child feels stuck, agitated, or frozen

Environmental Supports & Visual Aids

How it helps: Offers reminders, visuals, and structure to reduce stress
Why it matters: A little predictability and support goes a long way for emotional safety
Try when: Your child struggles with transitions, routines, or remembering steps

Understand feelings and brain



Explanation & Psychoeducation

Shift unhelpful thoughts



Cognitive Restructuring & Thought Work

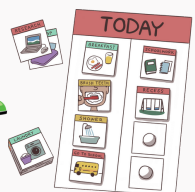
Move to regulate emotions



Behavioral Activation



Create structure & clarity



Environmental Supports & Visual Aids

Understanding the Cards: Type of Tools

Every child is different—and so are the tools that help. These next card types offer more ways to support emotional wellness, from calming the body to solving problems together. As you explore, you might notice which types feel right for different situations—or for your child's unique style. There's no one "right" way to use them. These are building blocks you can return to again and again.

Adult-Child Connection & Positive Reinforcement

How it helps: Builds trust, co-regulation, and emotional warmth

Why it matters: Feeling seen and supported helps kids calm down and feel more secure

Try when: Your child is pushing back—or needing comfort the most



Mindful Distraction & Relaxation

How it helps: Gently redirects focus to regulate the nervous system

Why it matters: Not all feelings need to be fixed—some need space and softness

Try when: Your child feels stuck in a loop or needs a break



Problem-Solving & Gradual Exposure

How it helps: Breaks big problems into steps and builds courage over time

Why it matters: Facing fears in small, safe ways helps build resilience

Try when: Your child avoids challenges or says "I just can't do it."



Grounded in Evidence-Based Practice:

Our team of scientists at Biobe, Inc. adapted these card types from evidence-based approaches used in child psychology, including Cognitive Behavioral Therapy (CBT), behavioral parent training, mindfulness-based interventions, and developmental neuroscience. Each category is designed to support real emotional growth in everyday moments.



Connect and build trust



Adult-Child Connection & Positive Reinforcement



Calm the mind gently



Mindful Distraction & Relaxation



Problem-Solving & Gradual Exposure



Face challenges step-by-step

You're doing something powerful.

By using this toolkit, you're helping your child build emotional strength, confidence, and resilience—skills they'll carry for life.



Use these cards...

- During calm moments to practice skills
- As gentle support in times of challenge
- To spark conversation, build connection, and create emotional safety

Connecting with us:



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company/biobe-health](https://www.linkedin.com/company/biobe-health)



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www.Biobe.org



Interested in more information?

Scan the QR code for videos, digital tools, and app access (depending on your region).



Foundations

Woman-Owned. Diversely Led.
Science-Backed. Pediatrician Approved.