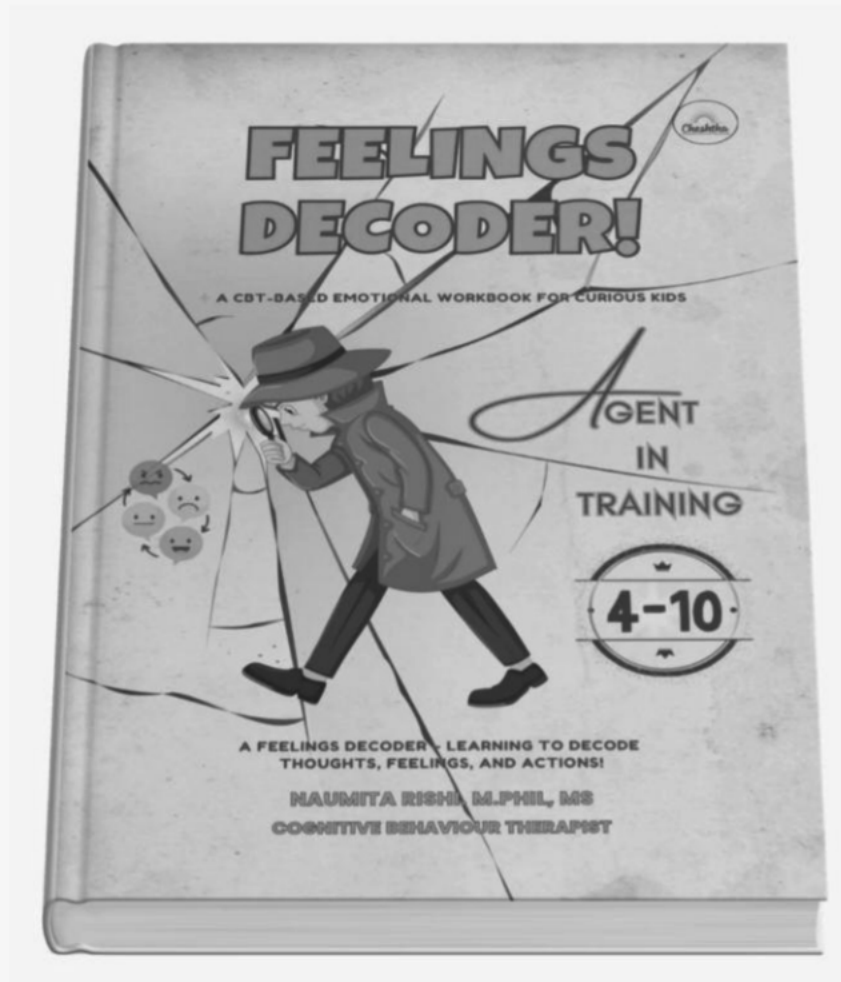


Inside the Feeling Decoder Workbook!

A SNEAK PEEK INTO THE EMOTIONAL TOOLKIT FOR CHILDREN AGED 4-10



Created by Naumita Rishi

Cognitive Behaviour Therapist | Author | Thought Collaborator

M.Phil Psychology: Kurukshetra University, India

MS Counseling: Southern Methodist University, Dallas, TX

CBT Training: Beck Institute, USA

WHAT'S AHEAD: YOUR JOURNEY WILL INCLUDE:

Training Level 1: Big Feelings Decoder Challenge

Training Level 2: Tricky Feelings Decoder Challenge

Mission 001: Story Decoder

Mission 002: Thought Decoder



At the end of your journey, you will become a
and win a special badge too!

CERTIFIED FEELINGS DECODER

A kid who knows how to listen to feelings and choose wisely

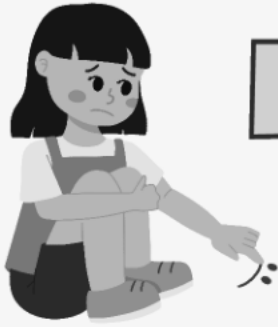
SECRET AGENT OATH:

Put your hand on your heart and repeat:



Let the journey begin!  





FIELD REPORT: SADNESS

Operation Cloudy Heart ☁

AGENT BRIEFING:

Agent, we are investigating the emotion called **Sadness**.

It sneaks in when your thoughts make you feel **small, alone, or not good enough**. Thoughts like "No one cares about me" or "I can't do anything right" might trigger it.

Let's **decode the clues** sadness leaves behind — so we can figure out what it is trying to tell us, and what steps we can take to feel a **little lighter**!

BODY CLUES: HOW SADNESS SHOWS UP

Sadness can show in your body, in your actions, or in how you think!

Circle all the pictures that match your kind of sadness-

A frown on
the face



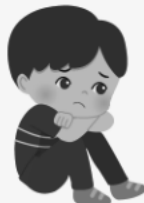
Tears in
the eyes



Feeling
low



Feel like
sitting alone



Feeling
unwell



Eating too
much



Not eating



Loss of interest in activities



CODE RED REACTIONS

UNHELPFUL WAYS TO DEAL WITH GUILT:



- ✗ **Harsh Self-Judgment –**
Thinking, "I'm a bad person" instead of recognizing the mistake
- ✗ **Avoiding Responsibility –**
Ignoring the situation instead of making amends
- ✗ **Over-Apologizing –**
Apologizing repeatedly, even when it's not necessary
- ✗ **Holding on to Guilt –**
Blaming yourself for the mistake way too long

SPY-LEVEL RESPONSES

HELPFUL WAYS TO COPE WITH GUILT:



- ✓ **Acknowledging Mistakes –**
Accepting responsibility without excessive self-criticism
- ✓ **Making Amends –**
Apologizing sincerely and taking action to fix the mistake
- ✓ **Learning from the Experience –**
Using guilt as a way to grow and avoid similar mistakes
- ✓ **Self-Compassion –**
Reminding yourself that everyone makes mistakes. Talk to yourself kindly like you would talk to a friend



THE WAY WE HANDLE GUILT MATTERS! CHOOSING HELPFUL ACTIONS MAKES US FEEL BETTER AND LEARN FROM MISTAKES. 36



Case File #2: Mission Block Crash

You spent a long time building a tall block tower. Just as you were about to add the final block, your little sibling ran by and knocked it down! You feel your face heat up, and your hands clench into fists.



... **Agent Clue:** What other thoughts popped in your mind?

Sometimes many thoughts pop into our heads! What else popped into your mind when this happened?



Feeling Alert! What feelings showed up first? ☐ Circle all that apply!

HAPPY 😊 / LOVED ❤️ / EXCITED 🥳 / SAD 😞 / GRIEF 😭 / GUILTY 😬 / TIRED 🥱

ANGRY 😡 / JEALOUS 😒 / EMBARRASSED 😳 / NERVOUS 😰 / SCARED 😨

Action Snapshot! What did you do? Did it help or make things tricky?

I did:

Actions 🎬



Agent Strategy: What could you do next time to solve it better?

Next time, I can:







Agent Reminder: Decoder Lens

(A tool disguised as a gentle nudge)

 Core Idea	 What This Means
Thoughts, feelings, and actions are connected	What you think affects how you feel and what you do
It's the thought, not the situation, that shapes the feeling	Two agents in the same situation can feel differently, depending on what they think
Thoughts are not facts – they might be true, or not	Just because a thought shows up doesn't mean it's 100% right
You can evaluate, challenge, and change unhelpful thoughts	Agents don't accept every thought as the truth – they investigate!
Changing your thoughts can help you feel better and act wisely	You can shift how you feel and behave by changing how you think

Use Your Decoder Lens

  What was the thought in this moment?
 Is it 100% true, or could there be another way to look at it?
 What else could I tell myself right now?

