

MY SUMMER CONNECTION BOOKLET

# The Feelings Detective

games, missions & puzzles for curious hearts



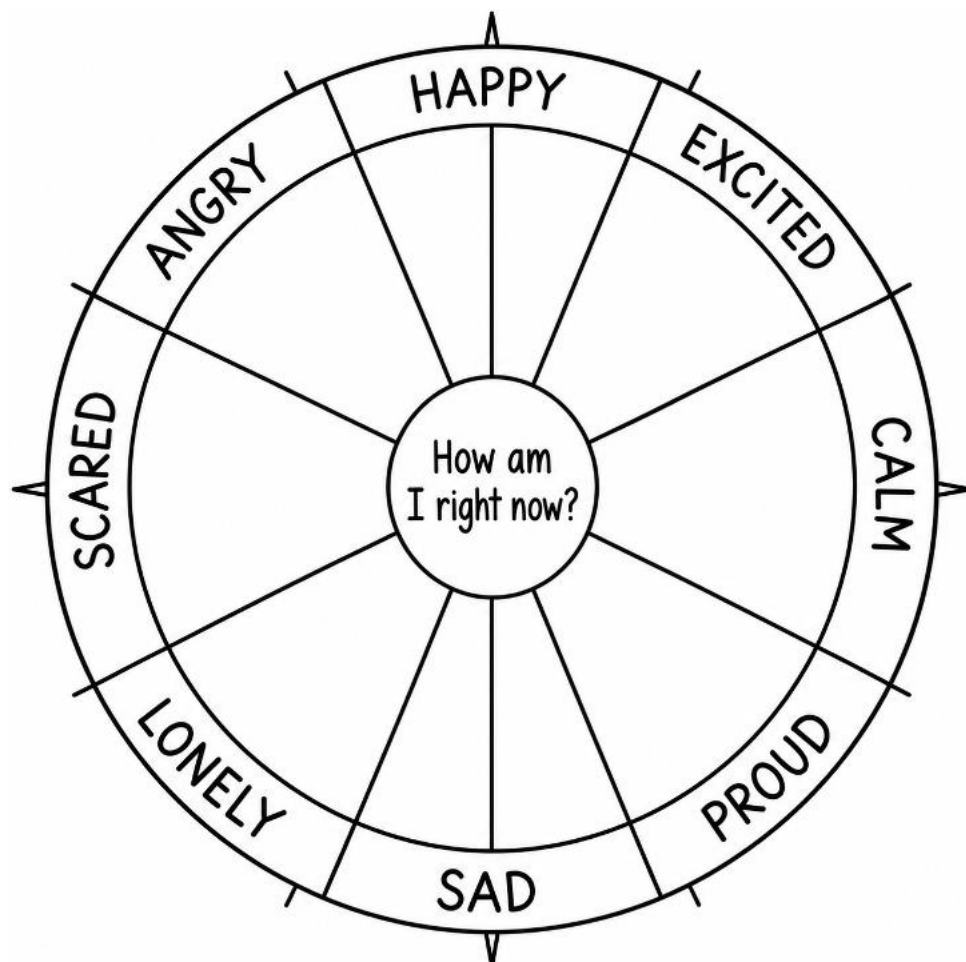
This booklet belongs to: \_\_\_\_\_

My detective name: \_\_\_\_\_

# Meet Your Feelings Compass

start here!

Hello, detective. Before any mission, you need your most important tool: your **feelings compass**. Feelings are messengers. They visit to tell you something you need. And then, like all visitors, they leave again. Detectives don't chase feelings away. Detectives get curious.



**Your first mission:** color the feeling that is visiting you *right now*. Decorate the compass so it's truly yours. Come back to it any day this summer. Feelings change like the weather, and every single one is allowed.

## A note to grown-ups

You don't need to fix your child's feelings. Just be curious together. "Where do you feel it in your body?" is a wonderful place to start. For them, and honestly, for us too.

# The Inside-Weather Report

mission #1

Every detective keeps a log. For one week, once a day, draw the weather **inside you**. Sunny? Cloudy? A little storm? Storms come inside too, even in summer. All weather passes.



calm & sunny



cloudy / mixed



rainy / sad



stormy / angry



rainbow / wonder

|       |       |       |                                                   |
|-------|-------|-------|---------------------------------------------------|
| Day 1 | Day 2 | Day 3 | Day 4                                             |
|       |       |       |                                                   |
| Day 5 | Day 6 | Day 7 | Bonus: today's weather in someone else. Ask them! |
|       |       |       |                                                   |

**Detective question:** after 7 days, look at your log. What do you notice?

# The Needs Treasure Map

mission #2

Behind every feeling hides a treasure: a **need**. Needs are things every person on Earth is looking for: rest, play, friendship, adventure, quiet. This is the map of Needs Island.



**Your mission:** draw an **X** where you are today. Draw a little boat next to the place you want to sail tomorrow. Is a place missing? Invent it and draw it on the map. It's your island too.

Today I am at: \_\_\_\_\_ because I need: \_\_\_\_\_

The greatest detective tool is not the magnifying glass. It's the **ears**. Tonight (or any evening this week), try this quest with someone in your family:

- 1 **Ask them:** "What was the best part of your day? And what was the hardest part?"
- 2 **Listen like a detective.** Your only job is to listen. No fixing. No advice. No "you should have...". Detectives collect clues, they don't interrupt the story.
- 3 **If you want, ask one more question:** "How did that feel?" Then listen again.
- 4 **Write your detective notes below.** You don't have to show anyone.



## Detective's Notebook

I listened to: \_\_\_\_\_

I think they felt: \_\_\_\_\_

Maybe they needed: \_\_\_\_\_

The most surprising clue I heard:

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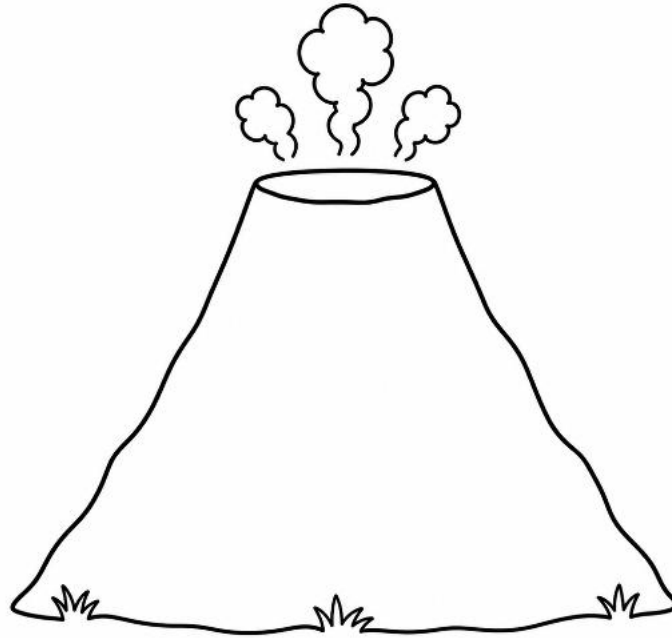
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Detective rule: listening is not agreeing. It's just hearing. That's the whole magic.

### A note to grown-ups

If your child tries this on you, let them. Answer honestly, at kid-size. Being truly listened to by a seven-year-old is a surprisingly moving experience.

Anger is a messenger too, a loud one. It usually shouts because a need is hungry: maybe fairness, maybe rest, maybe being heard. This is your volcano. **Draw inside it** what it looks like when it erupts: colors, scribbles, lava, words, anything.



**The Cool-Down Kit:** what helps *your* volcano rest? Circle what works for you, or add your own:

breathe out slooowly, like blowing on a dandelion

stomp it out with big dinosaur steps, outside

squeeze a pillow as hard as you can

drink a whole glass of water, slowly

ask for a hug (yes, even when angry)

my own trick: \_\_\_\_\_

**Detective question:** next time your volcano rumbles, can you catch it *before* the eruption? What is it trying to tell you?



Color us in! What are they saying to each other? Write it in the bubbles.

The giraffe has almost the biggest heart of any land animal, so giraffe words come **from the heart**: they say what I feel and what I need. Jackal words **bite**: they say what's wrong with *you*. Every jackal sentence is really a giraffe sentence in disguise. Detectives can translate!

**Example.** Jackal: *"You never listen to me!"* → Giraffe: *"I feel sad, because I want to be heard. Can I tell you my idea?"*

JACKAL SAYS  
"You're so annoying!"

GIRAFFE TRANSLATION  
I feel \_\_\_\_\_ because I need \_\_\_\_\_

JACKAL SAYS  
"You never let me play!"

GIRAFFE TRANSLATION  
I feel \_\_\_\_\_ because I need \_\_\_\_\_

JACKAL SAYS  
"It's all your fault!"

GIRAFFE TRANSLATION  
I feel \_\_\_\_\_ because I need \_\_\_\_\_

YOUR OWN JACKAL SENTENCE  
\_\_\_\_\_

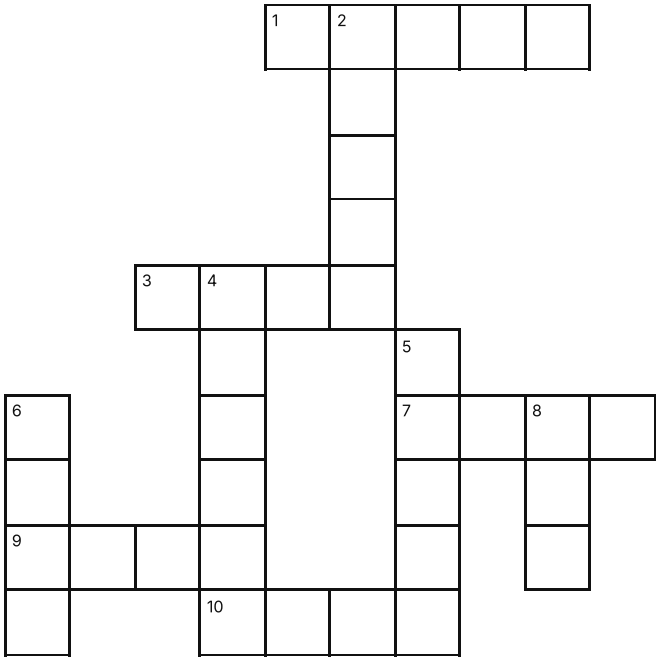
GIRAFFE TRANSLATION  
\_\_\_\_\_  
\_\_\_\_\_

Any feeling and any need you find is a real clue.

# The Feelings & Needs Crossword

puzzle #1

Ten words a Feelings Detective knows by heart. Can you crack them all?



## Across →

- 1. How you might feel when your best friend knocks on the door
- 3. A need kids know a lot about
- 7. What your body asks for at the end of a long summer day
- 9. A need as big as the sun. You can feel it for people, pets, even places
- 10. Something every person has, like rest, play, or 9-across

## Down ↓

- 2. The volcano feeling
- 4. What detective ears do best
- 5. How you feel when you finally dare the big slide
- 6. The quiet feeling after the storm inside passes
- 8. How you might feel when a friend cancels a playdate

# Word Search: Feelings

puzzle #2

Exactly 10 feelings are hiding in this grid, reading → **across** or ↓ **down**. Circle each one you find and count as you go, so you know when to keep searching and when you're done. Which words? That's a secret: the list is printed upside down under the grid. Detectives enjoy the challenge and peek only when they're truly stuck!

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| C | W | L | B | H | N | E | K | K | S |
| U | T | R | U | D | T | W | B | S | W |
| R | L | A | S | C | A | R | E | D | L |
| I | O | N | C | S | S | K | K | W | S |
| O | N | G | A | H | T | G | C | W | L |
| U | E | R | L | Y | P | R | O | U | D |
| S | L | Y | M | G | M | C | L | O | D |
| C | Y | C | E | X | C | I | T | E | D |
| P | S | A | F | E | H | A | P | P | Y |
| S | W | A | P | R | S | S | N | N | C |

- SHY
- EXCITED
- LONELY
- SCARED
- SAFE
- CURIOUS
- PROUD
- ANGRY
- CALM
- HAPPY

THE 10 HIDDEN FEELINGS

ANSWERS (TURN ME UPSIDE DOWN!) · ROW, COLUMN OF THE FIRST LETTER  
ANGRY r3c3 ↓ · CALM r4c4 ↓ · CURIOUS r1c1 ↓ · EXCITED r8c4 → · HAPPY r9c6 → · LONELY r3c2 ↓ · PROUD r6c6 → · SAFE r9c2 → · SCARED  
r3c4 → · SHY r4c5 ↓

# Word Search: Needs

puzzle #3 · expert level

Exactly 10 needs are hiding here, and this time they can also run ↗ ↘ **diagonally!** These are the treasures from your map. Count your finds so you know when the hunt is over. The secret word list hides upside down under the grid, for emergencies only.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| A | U | H | U | G | S | G | T | H | D | E | L |
| S | M | C | R | K | A | A | T | A | V | R | K |
| W | P | L | L | S | E | E | L | O | D | L | N |
| R | P | A | I | G | I | C | L | S | G | E | I |
| D | F | O | C | U | S | C | R | E | S | T | E |
| E | R | T | Q | E | P | H | P | L | H | A | A |
| H | A | C | E | L | P | O | F | M | I | H | K |
| F | E | W | A | R | L | I | P | W | N | U | K |
| U | I | L | H | B | A | C | K | F | N | A | M |
| N | C | D | P | G | Y | E | N | L | H | N | B |
| H | E | S | F | R | I | E | N | D | S | F | N |
| W | C | W | R | G | G | O | K | K | N | K | O |

CHOICE

HUGS

QUIET

FUN

FRIENDS

SPACE

LOVE

HELP

PLAY

REST

THE 10 HIDDEN NEEDS

# Connection Coupons

mission #6 · scissors time!

Cut these out and give them to your family. Each coupon is a small piece of courage: asking for what you need, and telling people what they mean to you. (Grown-ups: honoring a coupon within a day fills a small heart to the brim.)



## Request Coupon

I would like to ask for:

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From: \_\_\_\_\_ To: \_\_\_\_\_



## Appreciation Coupon

I loved it when you...

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From: \_\_\_\_\_ To: \_\_\_\_\_



## Play Coupon

Good for **10 minutes of playing together.**  
I choose the game!

From: \_\_\_\_\_ To: \_\_\_\_\_



## Listening Coupon

Please listen to me for **5 whole minutes.**  
No advice needed, just detective ears.

From: \_\_\_\_\_ To: \_\_\_\_\_



## Hug Coupon

One warm hug.  
Redeemable at any time, even mid-grump.

From: \_\_\_\_\_ To: \_\_\_\_\_



## Together Coupon

Let's do this together:

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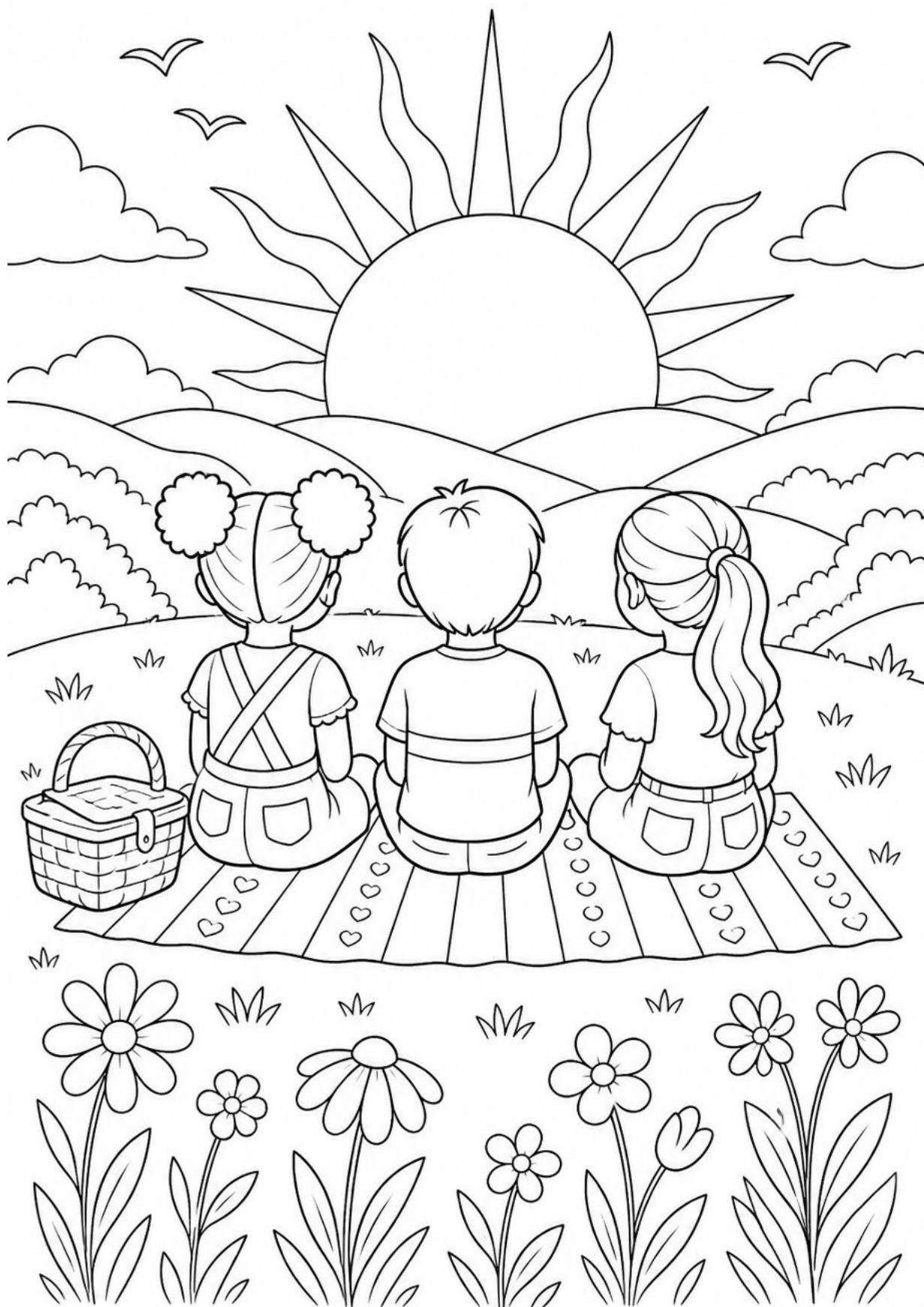
From: \_\_\_\_\_ To: \_\_\_\_\_

Nine small adventures in connection. Do one, color its square. Three in a row, any direction, and you can color in your **Connection Detective badge** below. Fill the whole card and celebrate however feels right!

|                                                           |                                                                                                                 |                                                             |
|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| Watch a sunset with someone.<br>No phones, just sky       | Tell someone what you like<br>about them (watch their face!)                                                    | Ask a grown-up: "What was it<br>like when you were my age?" |
| Do nothing for 10 minutes.<br>Notice your inside weather. | FREE HEART<br><br>color me now | Say "I need help" out loud,<br>when you really do           |
| Use your detective ears on<br>someone for 5 minutes       | Make a mistake, then say<br>something kind to yourself                                                          | Make someone laugh (kindly!)                                |



my badge, colored on: \_\_\_\_\_



One more to color. Maybe after a real sunset together?