The MyFeelings!™ Minis™ and MyFeelings!™ Huggables™ teach preschool-aged children to name their emotions by actively engaging their senses—sight, touch and sound. Emotions might be processed and coded in the brain, but they are felt by the body! So that children can easily associate their sensations with their emotions, every detail of MyFeelings! products have been given careful consideration. The faces mirror typical eye and mouth expressions of the emotion they represent. The uniquely designed facial shapes and vivid colors help children see what their emotions look like in a concrete way: sad is a blue teardrop, mad is a red fire burst, happy is a yellow sun, scared is a black ghost and love is a purple heart.

The MyFeelings! Huggables also include voice technology, so the foot of each nearly life-sized Huggable can be squeezed to say such things as “I’m mad ... mad helps me say no” or “I’m happy ... happy reminds me to play.” The Minis can also be ordered with or without sound technology.

Not only do the MyFeelings!™ Minis and Huggables give children a language for their feelings, it gives parents a language for unconditional love. When parents are setting limits on a tantrum or saying no, the Huggables and Minis provide the language to help parents acknowledge and care about a child’s feelings while saying no to the behavior or situation. The MyFeelings!™ toys help preschool educators teach social emotional concepts and skills.

“I love you and know that you’re sad, but you still need to go to bed” clearly communicates a limit delivered with nourishing, powerful, unconditional love.

And learning to name feelings helps children manage emotions and make good choices. A child who “feels like hitting” has one choice; a child who “feels angry” can make good choices!

Giving children a “Language of the Heart,” creates the foundation for them to build a satisfying, creative, impactful and compassionate life.