



# Animea

My Emotional  
Support Animal Deck

Manual



Helping Hands  
Creations Inc.

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# Animea





## Emotional Support Animals

When **emotions** feel **BIG**, this deck offers engaging **strategies** to help children **regulate** their bodies, and **build** everyday **coping skills**.



# Animea Deck

How is this deck unique?

-  Based on the 4 Colored Zones of Regulation.
-  Tiers and tags match exercises to a child's needs.
-  Conversation drivers and step-by-step instructions for extra guidance.
-  Memorable characters and exercises to encourage curiosity and fun.

# 4 Color Zones

*What are they?*

Sad – Sick  
Hurt – Tired



Calm – Focused  
Happy – Loved

Anxious – Silly  
Surprised – Confused



Frustration – Rage  
Anger – Scared

# 4 Color Zones

*Tips for Adults*



The goal isn't to stay in the green zone.



All emotions are important. They help us understand what we need.

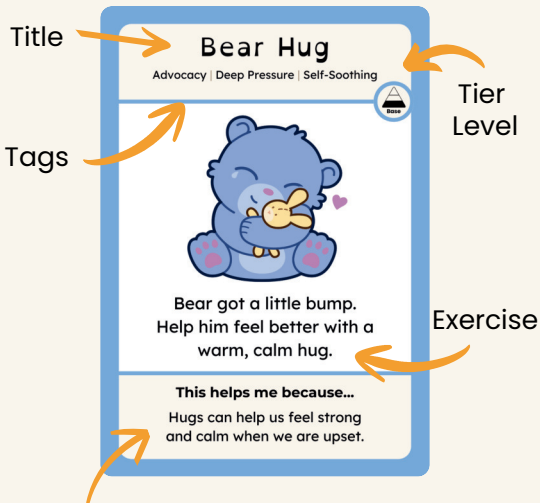


For best results, introduce the cards while your child is calm and ready to learn.



# Our Design

## *Front of the Card*



Why the exercise is helpful.

# Our Design

## *Back of the Card*

Tags and Title

Tier Level

**Bear Hug**

Advocacy | Deep Pressure | Self-Soothing

**Model**

- 1 Ask: "What kind of hug do you want?"
- 2 Give choices: "Big and tight? Or soft and light? Or from a stuffed animal friend?"

**Mentor**

- ♥ Comfort: "We are warm, safe, and loved in a hug."
- ★ Motivate: "We can choose how we get our hugs."
- ☁ Reflect: "How can we ask to get the kind of hugs we like?"

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Model

Mentor

**Model:** Step-by-step instructions for the exercise.

**Mentor:** Conversation drivers

# Tier System Icons

*Base – Build – Brave*



Base

Base skills using **body focused strategies** that appear throughout the deck, e.g. deep breaths.



Build

Expands on those foundations by **growing awareness of self and surroundings.**



Brave

Combines core skills with **self-awareness and turns them outward**—toward others and the world.

# How do I pick a tier for my child?



Base



Build



Brave

Tier levels will depend on:

- Child's mastery of base or build levels.
- Child's emotional state.
- Situation may call for specific exercises.

Honor pacing and celebrate **reuse**:

Reusing base cards in new situations is growth.

There are no timelines.  
Only layering our skills upward.

# Tier System

## *More Tips on Tiers*

- Skills don't disappear—they layer.

**Base** cards offer concrete tools that can be carried forward.

- Reference base cards often:

“Remember to take a **Whale Breath** (Base Card) during this next exercise.”

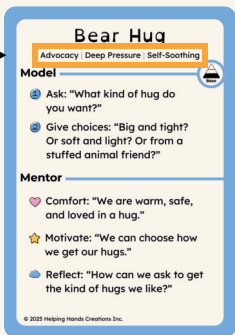
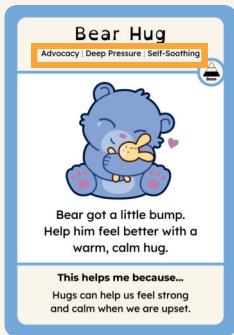
- Every journey will be unique:

There is no rush to any tier, card, or color category.

All emotions and skills are needed in every journey for every child.

# Tag System

Tags are at the top of both  
the front and back.



*Tags will cover:*

- **Skills** and **strategies**
- **Exercise goal** for the child

# Tag Categories

*Tags cover 5 main groups:*

- **Awareness & Focus**
- **Thinking & Flexibility**
- **Motivation & Self-Reflection**
- **Emotional Regulation**
- **Sensory & Physical Tools**



# Awareness and Focus

*What do these skills teach?*

“ Strengthen inner awareness to better notice and interact with the environment. ”



# Quick Tags

## Awareness and Focus Skills

### **Mindfulness**

Attention to the present.

### **Grounding**

Connecting to safety through senses or movement.

### **Body Awareness**

Noticing where your body is and how it feels physically.

### **Check-In**

Naming and noticing emotions internally.

# Thinking and Flexibility

*What do these skills teach?*

- “ Navigate how kids interact with internal conflict and shift towards solution based thinking. ”



# Quick Tags

## Thinking and Flexibility Skills

**Flexible Thinking**

Shifting perspective or approach.

**Problem-Solving**

Finding steps or strategies.

**Planning**

Organizing actions toward a goal.

**Reframing**

Seeing a situation in a more helpful way.

**Resilience**

Bouncing back after difficulty.

# Motivation and Self-Reflection

*What do these skills teach?*

- “ Building self-esteem through the discovery of personal needs and inner strengths. ”



# Quick Tags

## Motivation and Self-Reflection Skills

### **Confidence**

Believing in your own abilities.

### **Self-Talk**

Speaking kindly and encouragingly to yourself.

### **Advocacy**

Asking for what you need.

### **Expression**

Sharing emotions through story, art, music, or movement.

# Emotional Regulation

*What do these skills teach?*

- “ The kindness of pausing and comforting oneself after an encounter with big feelings. ”



# Quick Tags

## Emotional Regulation Skills

### **Impulse Control**

Pausing before acting on urges, or redirecting urges by channeling them into safe actions.

### **Self-Soothing**

Calming through breath, touch, or movement.

### **Recovery**

Regaining balance after being overwhelmed—often through rest, reflection, or stillness.

# Sensory and Physical Tools

*What do these skills teach?*

- “ Strategies for comforting the body and mind after becoming overwhelmed. ”



# Quick Tags

## Sensory and Physical Tools

### **Energy Release**

Using movement to let out tension.

### **Relaxation**

Loosening muscles or slowing breath.

### **Deep Pressure**

Applying firm, calming touch.

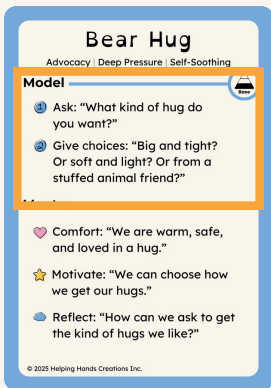
### **Visualizing**

Imagining calming or motivating scenes.

# Model Section

*Where is it?*

*On the back of the card*



**Bear Hug**  
Advocacy | Deep Pressure | Self-Soothing

**Model**

- 1 Ask: "What kind of hug do you want?"
- 2 Give choices: "Big and tight? Or soft and light? Or from a stuffed animal friend?"

...

- ♥ Comfort: "We are warm, safe, and loved in a hug."
- ★ Motivate: "We can choose how we get our hugs."
- 🌊 Reflect: "How can we ask to get the kind of hugs we like?"

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*Model section includes:*

1 to 4 steps explaining the exercise for the adult to model


# Mentor Section

*Where is it?*

*On the back of the card*

## Bear Hug

Advocacy | Deep Pressure | Self-Soothing

**Model** 

- 1 Ask: "What kind of hug do you want?"
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**Mentor**

- ♥ Comfort: "We are warm, safe, and loved in a hug."
- ★ Motivate: "We can choose how we get our hugs."
- 💡 Reflect: "How can we ask to get the kind of hugs we like?"

*Mentor section includes:*

Quotes and sentence starters  
for the adult modeling the  
exercise

# Mentor Types

## 6 Types of Mentor Phrases



*Each type will have different:*

- Purpose
- Body language
- Tone of voice
- Facial expressions

# Mentor Icons

## 6 Types of Mentor Phrases



### **Comfort**

Warm words and reassurances.



### **Reflect**

Questions to get your partner thinking.



### **Motivate**

Energized encouragement and praise.



### **Explain**

Details on why the exercise is helpful.



### **Guide**

Leading actions and words.



### **Remind**

Gently re-enforcing the topic's focus.

# Mentor Section

## *Tips for Adults*

---

Suggestions to guide conversations during the exercise.

---

You may paraphrase or add on to the phrases, but please do not skip.

---

Listening comes before speaking.

---

Meet the child where they are and give them the chance to hear you.

---

Children will observe your tone, rhythm, and safety long before they can communicate back.



# Track Progress

## Documenting Progress

### Animea Progress Log

Progress Log for: \_\_\_\_\_

A - Awareness and Focus

Target Skill:

B - Thinking and Flexibility

C - Emotional Regulation

D - Motivation & Self-Reflection

E - Sensory & Physical Tools

Rating:

1 - Unmet

2 - In Progress

3 - Acceptable

4 - Good

















5 - Exceptional

Date	EXERCISE ID#	Target Skill	Rating	Observer Notes
		A B C D E	1 2 3 4 5	
		A B C D E	1 2 3 4 5	
		A B C D E	1 2 3 4 5	
		A B C D E	1 2 3 4 5	
		A B C D E	1 2 3 4 5	

- 1 Child's Name and Title
- 2 Target Skill Key and Rating Scale
- 3 Exercise Documentation

# Track Progress

## Reference Sheet

ID#	Card	Title	Skill Tags	Tier
BCK		Blue Check-In	Sad, Sleepy, Sick, Hurt	
B1		Bear Hug	<b>Advocacy</b> Deep Pressure Self-Soothing	
B2		Mama Panda	<b>Self-Soothing</b> Relaxation Expression	
B3		Cat Nap	<b>Recovery</b> Advocacy Grounding	Base
B4		Whale Breaths	<b>Relaxation</b> Resilience Reframing	
B5		Shell Magic	<b>Self-Soothing</b> Recovery Visualizing	
B6		Cheetah Chill	<b>Grounding</b> Relaxation Body Awareness	
B7		Bayside View	<b>Visualizing</b> Body Awareness Recovery	Build
B8		Bird's Eye View	<b>Grounding</b> Mindfulness Check-In	
B9		Positive Thoughts	<b>Reframing</b> Gratitude Flexible Thinking	
B10		Brave Waddle	<b>Resilience</b> Confidence Visualizing	
B11		Yummy Climb	<b>Body Awareness</b> Mindfulness Relaxation	Brave
B12		Growing Grace	<b>Confidence</b> Reframing Check-In	

- 1 Exercise Identification and Title
- 2 Tags: primary tag bolded
- 3 Tier levels of exercises

# Support for You

*Downloads and Resource Links:  
FAQ, card logs, and how to videos*



*Get in-depth support:*

- Creators' demonstration videos
- FAQs for parents and professionals
- Card logs to track progress on different exercises