THINGS YOU HAVE LEARNED and can now share with **YOUNGER HUMANS**

Every stage of life brings unique gifts. A baby's trust, a child's imagination, an adult's wisdom-all are treasures that can be shared.



WHAT'S YOUR EMOTIONAL GIFT?

EXPLORE THE GUIDE AND FIND YOUR GIFT TO SHARE!





BEHAVIORS:

JOY, FEAR, ANGER

fittachment formation, expression of basic emotions

KEY EMOTIONS:

TRUST, COMFORT, DISTRESS...

YOU CAN GIVE YOUR GIFT OF

TRUST AND CONNECTION

To Early Childhood:

"Teach me your game." Offer your natural curiosity and joy as a reminder to slow down and explore the world.
Encourage imaginative play and freedom.

To Middle Childhood:

"Hugs don't need a reason." Reconnect with the pure simplicity of affection and reassurance.

To fldolescence::

"You're safe with me." Acknowledge that a strong foundation of safety can soothe moments of doubt and insecurity.

To fidulthood::

"Pause for joy."
Infants give adults a chance to remember delight in the moment, breaking through stress.



BEHAVIORS:

Developing self-regulation, empathy, and independence.

KEY EMOTIONS:

SHAME, GUILT, PRIDE.

YOU CAN GIVE YOUR GIFT OF

IMAGINATION AND PLAY

To Infants::

"It's okay to be silly!" Early childhood reminds infants (and caregivers) that play strengthens bonds and builds trust.

To Middle Childhood:

"What if we try it this way?" Introduce new ways of thinking through imagination and creativity, encouraging problem-solving and innovation.

To fidolescence::

"Mistakes are part of learning." Playfulness reframes failures as opportunities.

To fidulthood::

"Dream big." Teach adults to think without limits and embrace childlike wonder to rediscover hope.





MIDDLE CHILDHOOD (7-12 YEARS)

BEHAVIORS:

Peer relationships, moral understanding. managing complex emotions.

KEY EMOTIONS:

CONFIDENCE, EMBARRASSMENT, MORAL SENSITIVITY.

YOU CAN GIVE YOUR GIFT OF

EXPLORATION AND MASTERY

To Infants::

"Cook what I can do!" Share joy in small achievements and encourage the infant's caregivers to cheerlead new skills.

To Early Childhood:

"Try it for yourself!" Model patience and step back to let them experience their own small victories.

To fldolescence::

"Cearning is lifelong." Share resilience by normalizing effort and showing that mastery evolves over time.

To fidulthood::

"Cet's solve it together." **Emphasize** collaboration and innovation as a way to tackle challenges with joy.



ADOLESCENCE (13-19 YEARS

BEHAVIORS:

Identity formation, managing autonomy, deeper empathy.

KEY EMOTIONS:

SELF-AWARENESS, EXISTENTIAL ANGST, ROMANTIC LOVE.

YOU CAN GIVE YOUR GIFT OF

IDENTITY AND EMPATHY

To Infants::

"You matter as you are." Adolescents often connect deeply to authenticity, which can remind caregivers to value infants' unique personalities.

To Early Childhood:

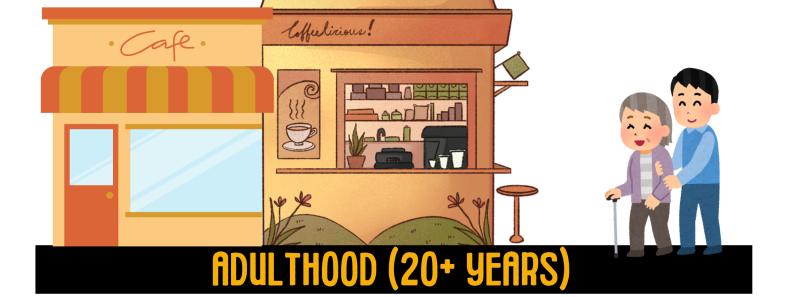
"You're allowed to feel all the feelings." Adolescents can validate big emotions and teach emotional vocabulary through empathy.

To Middle Childhood::

"Being different is cool." Empower self-expression by modeling pride in individuality.

To fidulthood::

"Don't forget who you are." Adolescents remind adults to revisit their passions and dreams. reconnecting with their inner identity.



BEHAVIORS:

Emotional resilience, relationship dynamics, altruism.

KEY EMOTIONS:

FORGIVENESS, CONTENTMENT, GENERATIVITY.

YOU CAN GIVE YOUR GIFT OF

WISDOM AND GUIDANCE

To Infants::

"Cove grows through patience." Share the lesson that growth takes time and love is the foundation for learning.

To Early Childhood:

"You can try again tomorrow." Encourage persistence and help children develop optimism through setbacks.

To Middle Childhood::

"You belong here." Provide reassurance and a sense of belonging, fostering selfesteem and security.

To fldolescence::

"I've been there." Share stories of overcoming challenges to inspire hope and resilience.