

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!



INFANCY (0-2 YEARS)

BEHAVIORS:

JOY, FEAR, ANGER

Attachment formation, expression of basic emotions

KEY EMOTIONS:

TRUST, COMFORT, DISTRESS..



YOU CAN GIVE YOUR GIFT OF TRUST AND CONNECTION

<p>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.</p>	<p>To Middle Childhood: “Hugs don’t need a reason.” Reconnect with the pure simplicity of affection and reassurance.</p>	<p>To Adolescence: “You’re safe with me.” Acknowledge that a strong foundation of safety can soothe moments of doubt and insecurity.</p>	<p>To Adulthood: “Pause for joy.” Infants give adults a chance to remember delight in the moment, breaking through stress.</p>
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EARLY CHILDHOOD (2-6 YEARS)

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 Adolescence::

“Mistakes are part of learning.”
Playfulness reframes failures as opportunities.

To Adulthood::

“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 Adolescence::

“Learning is lifelong.” Share resilience by normalizing effort and showing that mastery evolves over time.

To Adulthood::

“Let’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 Adulthood::

“Don’t forget who you are.” Adolescents remind adults to revisit their passions and dreams, reconnecting with their inner identity.



ADULTHOOD (20+ YEARS)

BEHAVIORS:

Emotional resilience, relationship dynamics, altruism.

KEY EMOTIONS:

FORGIVENESS, CONTENTMENT, GENERATIVITY.



YOU CAN GIVE YOUR GIFT OF WISDOM AND GUIDANCE

To Infants::

“Love 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 self-esteem and security.

To Adolescence::

“I’ve been there.”
Share stories of overcoming challenges to inspire hope and resilience.