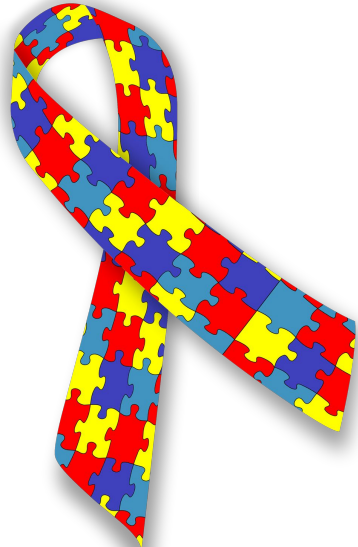

Emotion Regulation Cards

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History of the Problem

It is a known fact that kids with autism struggle with recognizing certain emotions and being able to deal with them properly. Sometimes they tend to over-feel certain emotions without knowing. As a child it starts more severely with not being able to understand emotions and as you get older it becomes slightly easier. However, it is forever a challenge even in adolescence and adulthood.

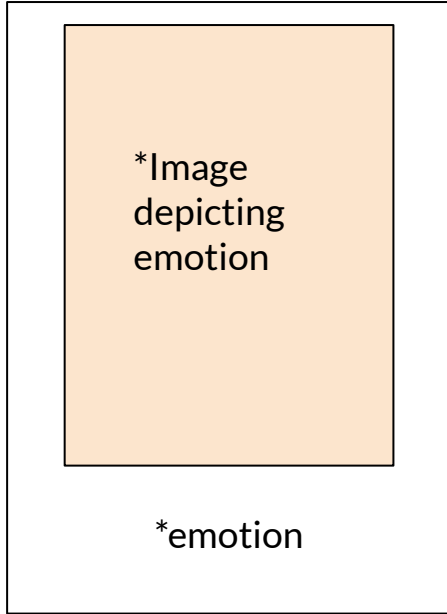
<https://raisingchildren.net.au/autism/development/social-emotional-development/emotional-development-a-sd>



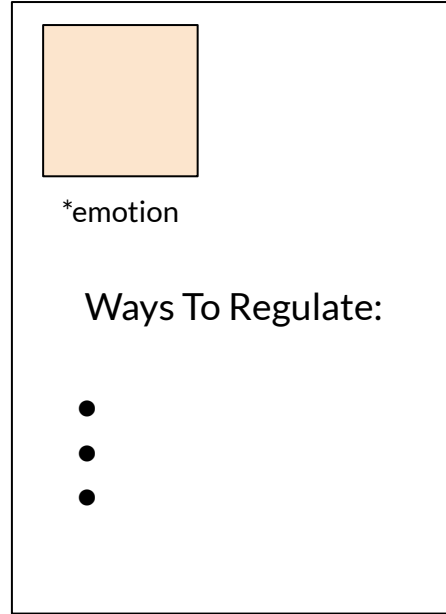
Solutions already available

A way to help with the issues involving regulating emotions is to use visual aids and charts as well as playing games to help establish rules of regulation. The biggest takeaway was the use of a “what if” game. This is when you create scenarios and allow the child to think of solutions and what they would do in that situation.

<https://www.centriahealthcare.com/blog/six-steps-to-help-children-with-autism-manage-their-emotions>



Front

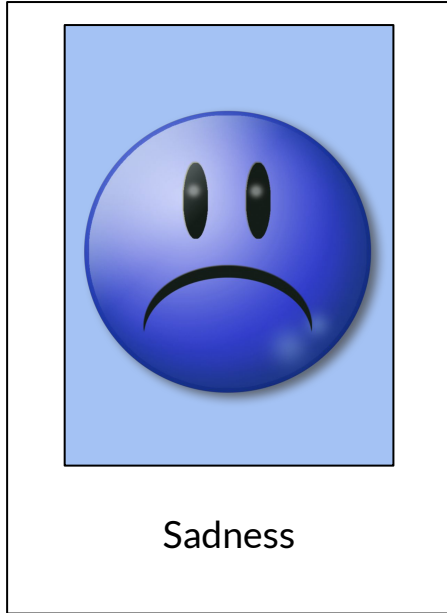


Back

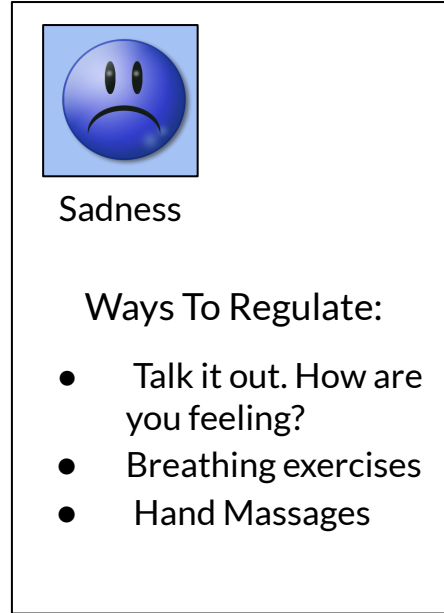
Our Product

Our product is emotion regulation cards. Our original idea was to create a website where parents can create the cards for their kids. But our main focus will be on the cards itself. The purpose of the product is to display cards that each focus on a certain emotion that a child may use. On the front of the card there will be a picture displaying the certain emotion and then a caption visibly stating the emotion being focused on. Then on the back it'll recap the emotion and also display the regulating methods for the emotion. The cards can be easily customized as well with additional stickers and color options. The main six emotions will be the primary focus and it will include sadness, anger, surprise, happiness, fear and disgust. But more complex emotions can also be touched on.

Example Card



Front



Back

How product can improve the lives of users

Our product has features that will allow easy access to usage. We will include a numerous amount of emotions available to create the cards and make sure each card comes with good regulations the child can use to control, improve or give rewards for their emotions. It is also to be made clear that each card will be designed by parents to be properly made to fit their child's specific needs. Below we linked more examples to be made available.

<https://docs.google.com/presentation/d/1wPR-6O1jiv7RxTWfgYWb8bXxoGCr-s4rkOBkAFkFsTY/edit?usp=sharing>