

SETT[®]

“SETT® My Feelings: Activity Book & Healing Journal” with Drawstring Backpack of Tangible Tools

Introductory season Cost - \$75 / Per Book + Backpack of tools

Regular Cost - \$90 / Per Book + Backpack of tools

What's Inside the Activity Book and Journal?

- Daily activities and healing prompts
 - Practical tools to recognize, regulate, and reframe emotions
 - Strategies to build emotional intelligence, resilience, and mental agility
 - Real-life tools that support kids in the classroom and at home
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What's inside the Drawstring Backpack?

- SETT® Activity Book and Healing Journal
 - Drawstring backpack
 - Colored pencils or crayons
 - Pencil, eraser, sharpener
 - SETT® Ruler + sensory tool/toy
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Our groundbreaking activity book and journal, designed for your students, offers a fresh and practical approach to understanding and managing emotions. The “SETT® My Feelings Activity Book & Healing Journal” helps students build emotional resilience, reset negative thoughts, and grow from emotional challenges, all the while developing core leadership skills.

Our backpack of tangible tools are perfect for your early education & elementary students. Using these tools during a daily scheduled time will help improve core social and emotional regulation.

Give your students the tools to feel, express, and grow into their full emotional potential with SETT®!

SETT® Teacher Guide

\$50

- Spiral Bound book with nearly 100 hands-on activities
- Encourages daily “SETT® Time” for healthy emotional expression
- Builds leadership and regulation skills at home and school
- Login access to 2 launch videos that demonstrate how to use the SETT® activity book, healing journal, and tools

If your school or educational organization is struggling to identify the emotional needs of your students, our professionals can arrange a SETT® Workshop to consult with you or your team.

Below are two examples of SETT® tools you can implement within your school or educational organization. (Training for each will take place during your SETT® Workshop.)

SETT® Temperature Check

Using the **BASC-3 BESS** screener, the SETT® professionals will:

- Administer standardized assessments
 - Score and deliver pre- and post-assessment data
 - Identify externalizing, internalizing, adaptive, and social behaviors
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SETT® Regulation Station

A physical, therapeutic setup to help your students reset and self-regulate:

- Oversized wall ruler for self-monitoring
 - Breathing station, calming exercises, music therapy
 - Balance beam, yoga ball, trampoline, punching bag, cot & chair
 - Clipboard, SETT® pens, tracking sheets
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SETT® is more than a journal—it is a journey towards emotional mastery empowering emotional intelligence for children, parents, and educators.

Unlock the Power of Emotions—Anytime, Anywhere with SETT®.

Scan the qr code below to learn more about SETT®.

