

# How to Use ThinkFeel Lab at Home

youtube.com/@ThinkFeelLab · thinkfeellab.com · Free · Ages 8–12 · 5–7 min each

Anxiety

Confidence

Anger

Belonging

Perfectionism

Shame

Friendships

Focus

## WHAT IT IS

ThinkFeel Lab helps children ages 8 to 12 understand how their brain, nervous system, and emotions work together. Each video is 5 to 7 minutes and explains the why behind big feelings and tricky thoughts, not just what to do about them. When kids understand what is happening inside, they feel less confused and more in control.

## EASY WAYS TO WATCH TOGETHER

### After school wind-down

Watch one episode together as a way to decompress and open a natural conversation about the day.

### When something hard comes up

Is your child anxious, embarrassed, or stuck in their head? Choose a playlist that fits the moment and watch it together.

### Before bed

Short, calm episodes work well as a wind-down. The breathing and mindfulness videos are especially good for nighttime.

### When you notice a pattern

If your child struggles with perfectionism, comparison, or anger, use the matching playlist over several weeks.

### In the car

Queue up an episode on a longer drive. The audio holds up well and the car is a naturally low-pressure space to talk.

### Let them pick

Show your child the topic playlists and let them choose what feels relevant. That choice itself is meaningful.

## QUESTIONS TO ASK AFTER WATCHING

- Did anything in that video remind you of yourself?

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- Where do you feel that in your body when it happens?

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- Has your brain ever told you something that turned out not to be totally true?

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- What do you think you might try next time that feeling shows up?

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## THINGS YOU CAN SAY IN REAL MOMENTS

*"Your brain is trying to protect you right now. That is what that big feeling is."*

*"Is that a fact, or is your brain making a guess?"*

*"You do not have to make the feeling go away. You just have to stay with it for a little while."*

*"What would you tell a friend who felt this way?"*