

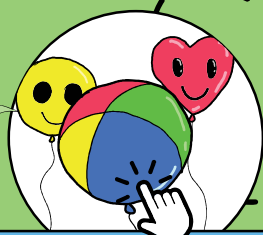
CHOOSE YOUR DEVICE

Hope Zoo can be accessed on any device. However, for the ultimate adventure, use a laptop or desktop computer.



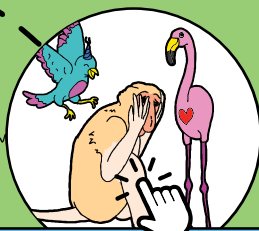
TURN THE SOUND ON!

Make sure your device's sound is turned on and the volume up. You won't want to miss the animals' stories!



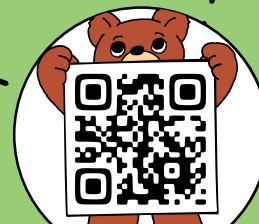
POP A BALLOON

Each animal has balloons. Pop them by clicking! Keep an eye out for changes in the animals. What did you notice?



MEET THE ANIMALS

Click on each animal to hear their story. Have you been in a similar situation? Or felt similar feelings?



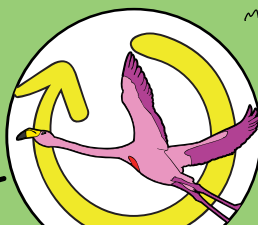
VISIT THE ZOO

Go to zoo.iah.org.nz and enter the Hope Zoo! As our Hope Keeper, you can ignore the ticket queue and go straight in.



MYSTERY DOWNLOADS

I wonder what that rabbit has on her head? Perhaps there is a way to wake her up and find out what is inside.



DO IT AGAIN!

If you wish to restart your journey, simply click the [RESET] button in the bottom right corner to repeat.

EXTRA CHALLENGES

- Can you spot the unhelpful balloon?
- Listen closely! Which animal makes a different sound as its feelings change?
- Keep a lookout. Which objects move all by themselves?

GUIDANCE CORNER

For teachers and guiding hands. Emotions are more than just feelings; they are tied to our physical sensations and the way our bodies respond. By understanding and recognising these connections, children can better articulate and manage their feelings. But children don't embark on this journey alone. As guiding figures, you play an essential role in fostering this understanding. It's our shared responsibility to nurture the emotional growth of our children, guiding them towards healthier ways to express and cope.

These handouts are best delivered printed. If you can't print these handouts, contact us with your postal address at www.iamhope.org.nz, and we'll mail you printed copies.

Here's how you can nurture your child's emotional smarts:

Engaging with your child during play: Your involvement amplifies the game's impact. Interact with your child as they navigate the Hope Zoo, guiding their learning through open-ended questions and reflections. These shared moments and discussions leave lasting impressions and foster deeper understanding.

Acknowledge feelings: Listen and validate their emotions e.g. "I see you're frustrated about the puzzle."

Empower through choices: Give them control when possible e.g. "Would you prefer to draw or read now?"

Teach calming techniques: Prompt deep breaths during agitation e.g. "Let's take three breaths together."

