

FUTURETIME:

COMFORT COMPANIONS

What we learned today:

We explored how emotions work and discovered how people and animals calm themselves down. We looked at comfort objects from history, learned about calming tools today, and imagined future stuffed animals that could sense our emotions and help us feel better. Then we designed our own futuristic Comfort Companions!

THE TOMORROW TRIBUNE

DOCTORS PRESCRIBE AI PLUSHIES TO HELP KIDS SLEEP AND STRESS LESS!



Quiz your family!

Besides humans, what other animals have the ability to emotionally self-regulate?

- A) Elephants
- B) Chimps
- C) Unicorns

[See the full FutureTime and learn more with your child here!](#)

Ask your family

“If you could invent a comfort object, what special powers would it have?”