



termoti (

educational guide for parents and teachers

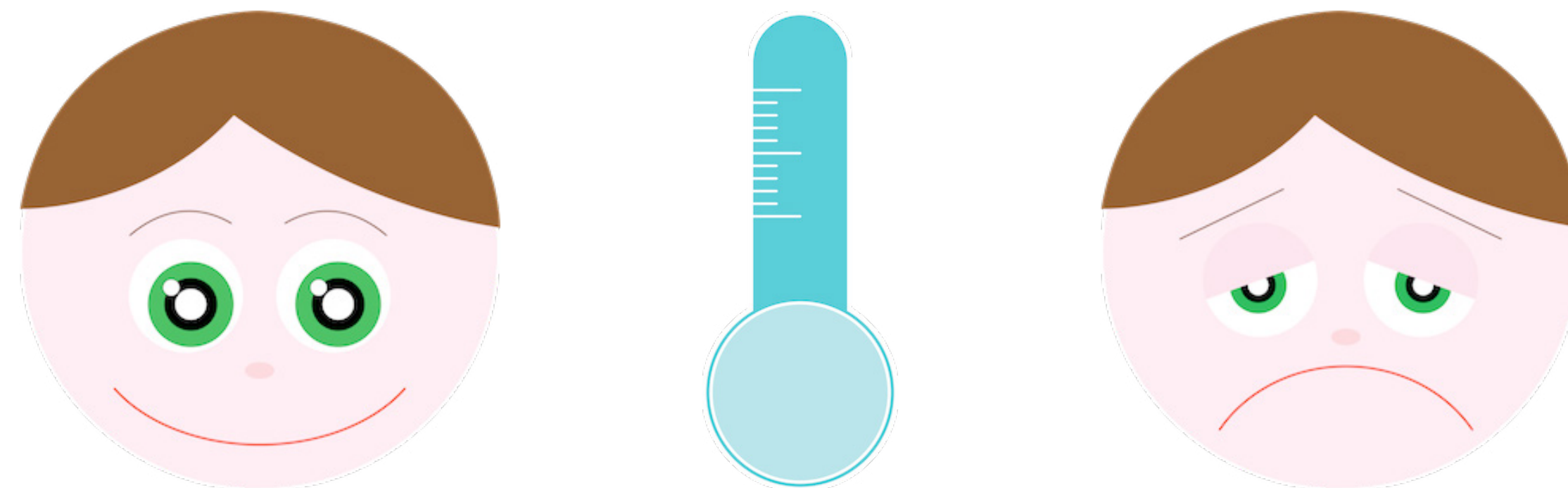
this guide belongs to tapp & Rosa Aparicio, but it will make us happy if you share it with people who need it

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what a funny word!

- Termotic is an application for kids that helps them recognize and express their emotions, and measure their intensity with the help of a thermometer included in the app. The tool is especially designed for children in the Autism Spectrum Disorder (ASD) though anyone needing to exercise emotions can find it useful and use it both at home and in the classroom.
- The app has been designed meeting accessibility criteria allowing any user to easily navigate through the application, to perform any activity and to play alone or in company encouraging the user's autonomy at all times. We did not use any written language, allowing children who are developing their reading abilities to use the app while the user is accompanied through several activities with voice assistance.
- Termotic is aimed for the child to start recognizing four main emotions showed as illustrations. This way, the user can generalize what they learn to real-life situations with the help of real images. The second step is to measure the intensity of the emotion with the thermometer. Thirdly, users can find a game with two playing modes and three difficulty levels so that any user can find the appropriate level. Finally, the app includes a "Diary" where the user can record their daily emotions.



should I use

termoti (👁️👁️)

at home?

USING TERMOTIC AT HOME

Families can work at home with their children with termotic. The app will help you learn, check and identify emotions in a fun way adapting the learning pace to meet individual needs. The app also allows parents to create routines, such as saving the most representative emotion on a daily basis. It is a tool for parents to allow them to recognize the behavior of children, and also allow kids to express their emotions. These are some ideas to work at home:

- Choose a moment in the day when the child's mood is relaxed and in a place where he/she feels comfortable.
- Observe the emotions with a family member and try to replicate expressions by gesturing.
- Play by gesturing any emotion where the child has to guess which one is it.
- Measure the most important or intense feeling of the day with the thermometer and save it in the diary.
- Review other days' emotions and relate them to the cause. For example: you were happy last Saturday because we went to the movies, remember?
- Try to get the child using the app with different family members, so that it is easier for him or her to generalize the different expressions associated with emotions.
- Play the games included in the app altogether. Kids should always start at the lowest difficulty level and gradually increase it as the kid progress in his or her understanding of emotions.
- Encourage the child to play alone to strengthen his/her autonomy.
- The app can be used when the child has a tantrum as a tool to express the emotion and its intensity, helping parents to understand and manage the situation.
- When the child lacks oral language, the app is a flexible, useful and easy tool to express his/her feelings and emotions.

should I use

termoti (

at school?

USING TERMOTIC AT SCHOOL

termotic is intended for use as an educational resource in the classroom for Therapeutic Pedagogy, in the Elementary School, and with those students who need to improve their ability to recognize emotions regardless of their age. Some suggestions are listed below:

- Use the app during tutoring sessions so that children can express their emotions to their peers.
- Make use of the app as a resource when a problem arises within the group. Thus the teacher can explain what happened and which are the main feelings in order to let children understand.
- Create an “Emotions Corner” where children can use the app in pairs or in small groups to work and learn how to manage their own emotions.
- Use with students who have some kind of conflict in the classroom or at the playground so they can solve it by talking and expressing themselves with the app’s artwork.
- Play with games included in the app in large groups by connecting your device to a projector.
- Save the most shared emotion of the group in the diary.
- In order to build up the kids’ self-confidence, the following group dynamics is proposed: ask a kid at the beginning of the first class his/her feelings, and share it afterwards with the class. Finish the exercise asking the kid to measure the intensity.
- With students lacking oral language the app is an specially useful tool in order to find out what and how the kid feels. Knowing this helps the teacher to better tailor the class to meet the student’s needs.
- Use the app as a tool for “time out” when a student presents a disruptive behavior. The idea is to work with the app a few minutes and give him/her a break to help the kid to relax. Afterwards, the app will allow the teacher to analyze the situation and talk to them about his/her emotions.