

LITTLE SPOT OF EMOTIONS WORKSHOPS



WHAT IS A LITTLE SPOT OF EMOTION WORKSHOP?

Little Spot of Emotions Workshop is a free, engaging curriculum from Harbor House designed to help children ages 0-8 build emotional awareness and regulation skills.

Using the beloved Little Spot book series by Diane Alber, each workshop features a read-aloud, hands-on activity, and age-appropriate discussion that encourages empathy, self-expression, and emotional resilience.

This program supports Harbor House's mission to prevent violence and promote safe, respectful relationships, starting with our youngest community members.

Ideal for classrooms, libraries, and youth-focused programs.

BOOKS & TOPICS

-  **A Little SPOT: My First Emotions**
-  **A Little SPOT Feelings on Faces**
-  **A Little SPOT: ABC's of Kindness**
-  **A Little SPOT of Feelings: Emotion Detective**
-  **A Little Spot of Kindness**
-  **A Little SPOT of Anger**
-  **A Little SPOT of Anxiety**
-  **A Little SPOT of Happiness**
-  **A Little SPOT of Sadness**
-  **A Little SPOT of Love**
-  **A Little SPOT of Confidence**
-  **A Little Peaceful SPOT**
-  **A Little Scribble SPOT**
-  **A Little SPOT Emotion Coach**
-  **A Little Spot Kind Words**
-  **A Little SPOT of Belonging**
-  **A Little SPOT of Empathy**
-  **A Little SPOT of Frustration**

DEVELOPMENT LEVELS



LITTLE LEARNERS

Practicing emotions, kind choices, and responsibility.

Recommended for ages 0-4.



GROWING MINDS

Learning empathy, self-regulation, and emotional awareness.

Recommended for ages 4 and older.



EMOTION BUILDERS

Understanding complex emotions and peer relationships.

Recommended for ages 6 and older.

CONTACT US



815-432-3500



COMMUNITY@HARBORHOUSEDV.ORG



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