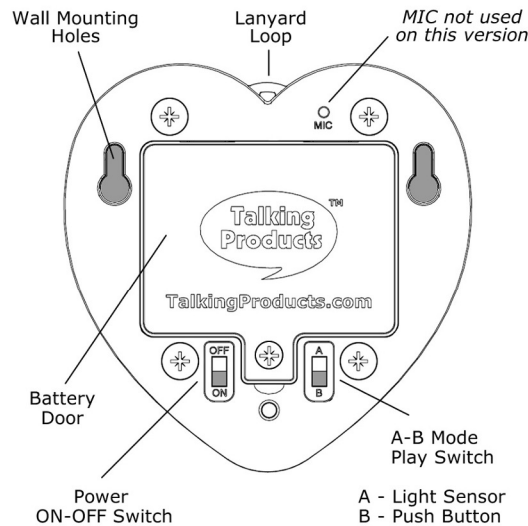
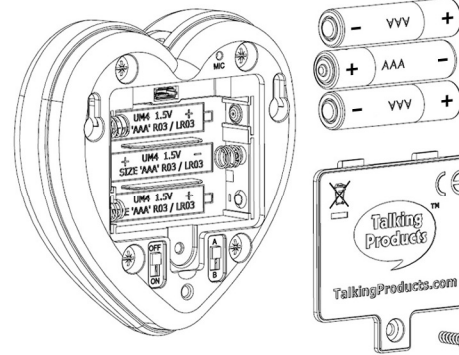




Product Code: TH1-AFC-RED  
 Positive Self-affirmations, Child Edition  
 User Guide: v1.0



### How to insert and remove batteries



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## Talking Hearts with pre-recorded positive self-affirmations - Child Edition

Please read the following instructions carefully and keep this document safe for future reference.

This special version of our Talking Hearts contains 30 pre-recorded positive self-affirmations specifically selected for children. Each time the heart is pressed one inspiring affirmation will play at random.

Talking Hearts will help your children to develop healthy thinking patterns that will boost confidence, self-esteem and wellbeing.

*"I am loved, I am smart, and I will never give up".* As children go through their developmental stages, these types of words and feelings are fundamental, and should be instilled within their belief systems.

Positive affirmations are short and concise statements that individuals repeat to themselves to challenge those negative thoughts and instil positive alternatives. These self-affirmed statements are positively weighted and foster a positive outlook in a person's mind and belief system.

Personal, social and emotional development, (PSED), is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development.

### Practical PSED Applications

- Promote positive self-talk to develop healthy habits during development.
- Develop strong self-esteem to combat anxiety, stress and low confidence.
- Set daily repetitions of positivity to influence thoughts, emotions and feelings.
- Create and encourage new habits to promote a positive change in behaviour.
- Improve emotional intelligence to recognise, share and understand emotions.
- Develop a positive response to challenges and learn to manage feelings of fear and anxiety.
- Increase psychological wellbeing to improve motivation and performance.
- Learn how to make good friendships, co-operate and resolve conflicts peacefully.

### Battery Power

3x 1.5V AAA batteries required, (not included).

Slide the power switch to the OFF position. Insert the batteries according to the polarity.

### Playback Mode (B) - Press to Play

Slide the power switch to the ON position and slide the A-B mode switch to the **B** position.

Press down on the top of the Heart once to play and release. If you wish to stop the playback at any time press down again. Each time you press down, the Heart will randomly play one voice message.

### Playback Mode (A) - Light Sensor

Slide the power switch to the ON position and slide the A-B mode switch to the **A** position.

The Light Sensor is located on the front of the Heart. Place the Heart in a dark place, such as a box or drawer. Each time the sensor is exposed to light the Heart will randomly play one voice message.

### Product Code:

TH1-AFC-RED

### Safety Information:

1. Not suitable for children under 3 years of age.
2. Do not immerse this product in water
3. Do not attempt to dismantle this product.
4. Do not short circuit power supply terminals.
5. Alkaline batteries are recommended.
6. Batteries must be fitted with the correct polarity.
7. Do not mix different types of batteries.
8. Do not mix old and new batteries.
9. Exhausted batteries should be removed from the battery compartment and disposed of correctly.
10. To avoid risk of explosion, do not recharge, heat or dispose of batteries in a fire.

