

A Pocket Deck for Finding What Works for You

Grow

Small Tools
Brighter Days

Ready to build your
Comfort Recipe?
Turn the page!

FEEL

EXPLORE

CHOOSE

GROW

BUILD YOUR COMFORT RECIPE

Choose a scale. Find what might help.
Build a recipe that works for you.

Small Tools
Brighter Moments

1

CHOOSE YOUR SCALE

Choose one Scale Card and place it face up in front of you.

CHOOSE IT

Pick a scale you want to explore.

DRAW IT

Or choose a Scale Card face down and discover what you get.

This is the scale you are building a Comfort Recipe for.

2

DRAW AND DECIDE

Take turns drawing one My Comfort Recipe Card. Then choose what to do with it:

CONNECT IT

Add it to your recipe if you can explain how this tool could help you work with, balance, or respond to your Scale.

KEEP IT TO TRADE

Keep the card in your hand to trade with another player later. You may keep up to 4 cards in your hand.

DISCARD IT

Place it in the discard pile if you do not want to use or trade it.

3

TRADE WITH A PLAYER

Talk to another player and agree on an exchange.

You can explain why a card might work with their Scale — and listen to what they think.

A player can always say no.

Different tools can work for different people.
Share ideas. Find new possibilities!

CHOOSE YOUR RECIPE CHALLENGE

Collect the cards below to build your Comfort Recipe. You can choose the level that feels right for you!

BASIC RECIPE

1 SCALE + 3 TOOLS

- Choose 1 Scale Card.
- Collect 3 My Comfort Recipe Cards.
- Build your first recipe!

A great place to start!

DOUBLE RECIPE

2 SCALES + 6 TOOLS

- Choose 2 Scale Cards.
- Collect 3 tools for each scale (6 cards total).
- Explore how different tools can help with different scales.

More tools. More ways to feel balanced!

TRIPLE RECIPE

3 SCALES + 9 TOOLS

- Choose 3 Scale Cards.
- Collect 3 tools for each scale (9 cards total).
- Explore what works in different moments of your life.

A bigger recipe for a brighter you!

DEEP DIVE RECIPE

1 SCALE + 6 TOOLS

- Choose 1 Scale Card.
- Collect 6 different tools for this scale.
- Then choose your personal Top 3 tools for your recipe.

Explore. Compare. Choose what works best for you!

THERE IS NO PERFECT RECIPE

A tool belongs in your Comfort Recipe when you can explain how it might help you with your Scale.

Different people may choose different tools — and the same person may choose a different recipe on another day.

Your recipe. Your story. Your way.

YOUR RECIPE IS READY!

When you collect all the tools for your Comfort Recipe and explain how each one connects to your Scale — you've cooked up your own Comfort Recipe!

You can:

- Help another player think about tools that might work for their Scale (without choosing for them).
- Or enjoy your finished recipe while the other players keep cooking!

Different ingredients. Brighter days!

KEEP YOUR RECIPE IN MIND

What works today may not be what you choose tomorrow.

Feelings change. Situations change. And you can always create a new recipe!

Notice. Try. Choose again. You've got this!

SEE A COMFORT RECIPE IN ACTION

One Scale. Different tools.
Find what works for you.



Small Tools
Brighter Moments

1 Start with a Scale

MY NOISE SCALE
How loud does the noise feel right now?

- 1 QUIET**
I can handle it.
It feels calm.
- 2 A LITTLE LOUD**
I can handle it,
but I notice the noise.
- 3 LOUD**
It's harder to focus,
but I can still manage.
- 4 VERY LOUD**
It feels overwhelming.
I need a break or
a quieter space.
- 5 TOO LOUD**
It's too much!
I need to wear
headphones.

Sounds can feel big sometimes.
All of my feelings are valid.
I can find what helps me
feel calmer.

2 Choose a Comfort Recipe

Here are three different tools that can help
when the noise feels too loud. You can try one,
or all three, and see what works best for you!



MY COMFORT RECIPE
Small tools. A brighter me.

☐ TRY FIRST ☐ TRY NEXT ☐ ANOTHER TIME

FIND ONE QUIET SOUND

- 1 LISTEN**
Listen to the sounds
around you.
- 2 FIND**
Find the quietest sound
you can hear.
- 3 FOCUS**
Let your attention stay
with that sound for a few
moments.

Small steps make
a big difference.

MY COMFORT RECIPE
Small tools. A brighter me.

☐ TRY FIRST ☐ TRY NEXT ☐ ANOTHER TIME

MAKE A QUIET BUBBLE

- 1 FIND**
Find one quiet place
inside your body.
- 2 GROW**
Imagine that quiet feeling
slowly spreading through
your body.
- 3 EXPAND**
Imagine it growing around
you like a soft bubble.

Small steps make
a big difference.

MY COMFORT RECIPE
Small tools. A brighter me.

☐ TRY FIRST ☐ TRY NEXT ☐ ANOTHER TIME

FIND THREE QUIET DETAILS

- 1 LOOK**
Look quietly at what
is around you.
- 2 FIND**
Find three small details—
a color, a shape, a tiny object,
or another quiet detail.
- 3 NOTICE**
Take a moment to
notice each one.

Small steps make
a big difference.

Same Scale. Different tools.
Your Comfort Recipe can be
different every time.



A Calmer You
A Brighter Tomorrow

Feelings Neighborhood
Feel ♥ Express ♥ Connect

You
Can Do
This!

WELCOME TO COZY'S COMFORT SECRETS

A Pocket Deck for Finding
What Works for You

Feel

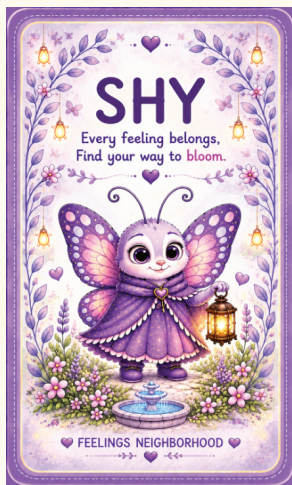
Explore

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EXPLORE MORE IN FEELINGS NEIGHBORHOOD



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Feel ♥ Express ♥ Connect

Explore
the Collection!

