

Tempcheck — Concept Poster

Print this and pin it up — an at-a-glance map of the Tempcheck cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Pick	Noticing self — soft warm-coral rabbit-tween in chunky cream cardigan; tiny held-up affect-card; ears soft + not-tense; one paw tapping card-corner; treats card-picking as thinking-pause
Both	Dyad-sync — two warm-cream hares mirror-paired with cards held up side-by-side; both facing same direction; happy-but-not-overjoyed (overlap is data, not victory)
Gap	Mismatch-as-data — round warm-amber fox-tween in soft slate-blue vest holding chunky measuring-string between two cards; treats SPACE between picks as teaching artifact; never-frustrated, always-curious
Streak	Growth-chart — tall soft-grey heron-elder in chunky charcoal vest reading long chart with hash-marks; wing pointing at time-axis; treats LONG pattern as whole skill, never single check-in as success-or-failure
Brim	Picks the card that is really true today, not the easy "I am fine" card you hold up so nobody worries.
Buoy	Reads the bodys quiet signal first, because a feeling often shows up in your chest or tummy before you have a word for it.
Skiff	Shows that you do not have to wait to be noticed; you can be the one who starts a check-in and asks for it.
Moor	When someone shows you a hard feeling, stays steady and holds it with them instead of rushing to fix it.
Cove	When a check-in gets missed or misread, comes back to it later, because a missed moment is never lost for good.
Ebb	Notices when a feeling turns partway through a moment, and picks a new card, because the first card is a start, not a sentence.

Key ideas at a glance

The big concepts this cast helps you master:

- What Is Attunement?
 - Naming Feelings
 - Feelings Are Signals
 - The Body & Feelings
 - Getting Specific
 - Checking In With Yourself
 - Checking In With Others
 - The Temp-Check
 - Overlaps & Differences
 - Empathy & Attunement
 - Feelings Change Over Time
 - Responding to Feelings
 - When Feelings Are Big
 - Honesty & Safety in Sharing
 - Attunement in Relationships
 - Capstone: Staying Attuned
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