A FREE GUIDE FROM BOX OF FEELS

THE APP, STEP BY STEP

Notice. Name. Need. Next. Here is where each step lives in Box of feels, with the screens you will see.



Do it with them the first time

Sit side by side and make one box together. After that, most kids can do it on their own.

Getting in: open **box.tenxed.community** then your first name, your email and the six-digit code we send you. You land on Today. It is free.

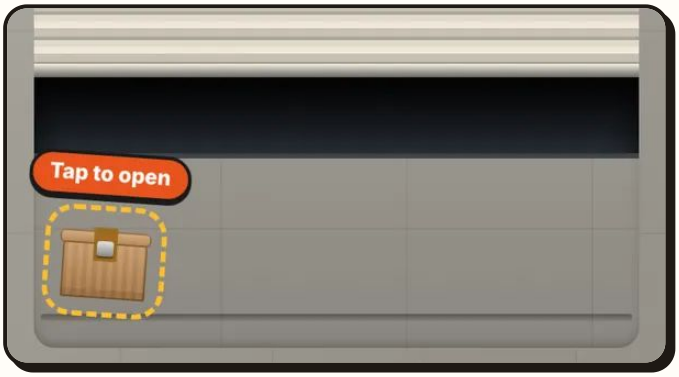
1 NOTICE

Something just landed. Tell the app how heavy it feels.

1. On **Today**, find **What just landed?**
2. Tap **Small**, **Big** or **Really big**. No words needed yet.
3. A box drops onto the dock. Tap it to open it.

That is enough on a hard day. The box is safe on the dock and you can come back to it.





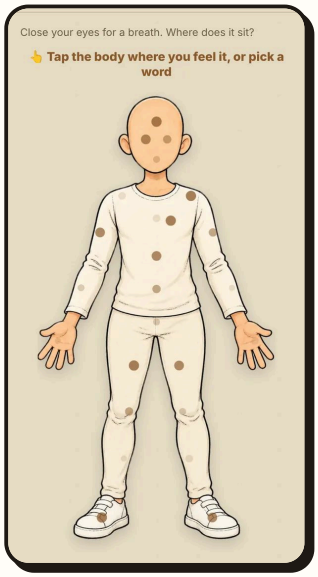
2 NAME

Put a word to it, and find where it sits in your body.

1. In the box, tap **The feelings in here**.
2. Tap a face, then every word on the wheel that fits. Flick the wheel to turn it.
3. Tap **Next** to find the exact word and how strong it is.
4. Back in the box, tap **Body scan** and tap where you feel it.

Two words is plenty. The box takes its name from the first feeling you pick.





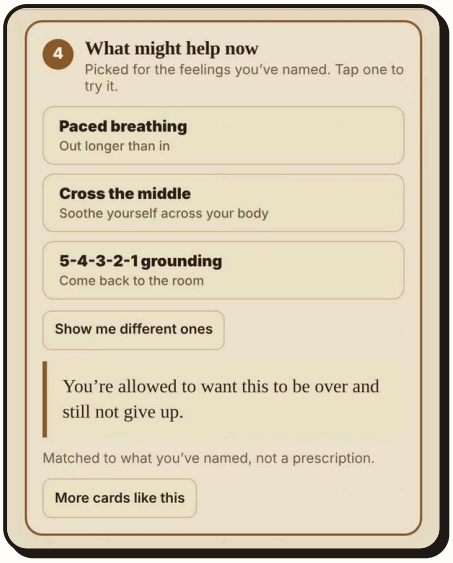
This is a practice tool, not therapy, and not for a crisis. If you or a child are unsafe, get help now: Lifeline 13 11 14, Kids Helpline 1800 55 1800, or 000 in an emergency.

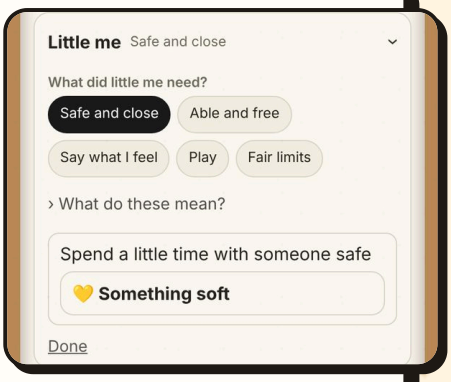
3 Need

Every feeling is asking for something: what helps right now, and what little me needed underneath.

1. Keep tapping **Next** to **What helps**.
2. Three skill cards are matched to the feelings you named. Tap one to try it.
3. Not right? Tap **Show me different ones**.
4. Tap **Done for now** when you have what you need.
5. When you're steadier, put the box on the **conveyor** and open **Little me**. Pick what little me needed: safe and close, able and free, say what I feel, play, or fair limits. The app offers one small way to give some of it.

The pattern names the old rule; little me names the need. Sometimes the need is simpler still: water, food, a person.

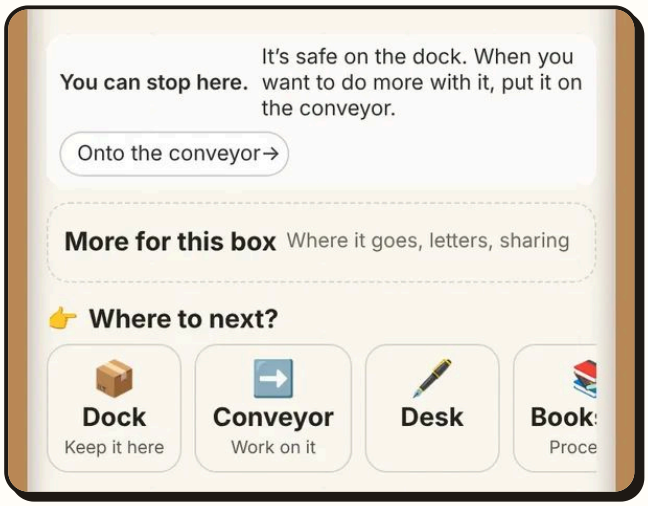




4 Next

One small step. Decide where the box goes.

1. Scroll down the box to **Where to next?**
2. **Dock** keeps it here for now. **Conveyor** is for working on it.
3. On the dock you will also find the **basement** (not today, safe and out of the way) and the **incinerator** (let it go; what it held is kept).



You can stop at any step. Every box you make counts, even one with no words.

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By Dave Bolt, from his Box It Up framework. Screens from the app as of November 2026. Box of feels by TenXed, © TenXed Pty Ltd 2026. Share freely; please keep it whole.

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The free app:
box.tenxed.community