



**Happy**

**What are  
some things  
that can make  
someone feel  
happy?**



**Happy**

**What Made  
you feel  
happy today?  
Why?**



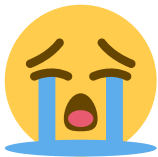
**Angry**

**What is  
something you  
can do to calm  
down when  
you feel  
angry?**



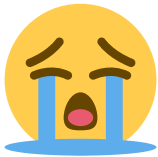
**Angry**

**Is it wrong to  
feel angry?  
Why?**



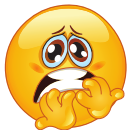
Sad

**How does  
your body feel  
when you are  
sad?**



Sad

Is it okay to  
cry  
sometimes?  
Why?



**Scared**

**What kinds of  
things can  
make  
someone  
scared?**



**Scared**

**Describe a  
time when you  
felt scared?  
Where were  
you?**





Proud

**Describe a  
time when you  
were proud of  
someone else**



Proud

**How do you  
feel when  
someone is  
proud of you?**



**Disappointed**

**Have you ever  
felt someone  
was  
disappointed in  
you? How did it  
make you feel?**



**Disappointed**

**Have you ever  
felt  
disappointed in  
yourself? What  
happened?**



**Silly**

**When was the  
last time you  
felt silly? What  
did you do?**



**Silly**

**How does it  
make you feel  
when someone  
is being silly?**



Excited

**What are you  
excited about  
for when you  
are older?**



Excited

**What kinds of  
things can  
make someone  
excited?**





Shy

**Describe a  
time when you  
felt shy?**



Shy

**What kinds of  
situations  
make you feel  
shy?**



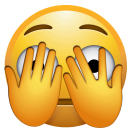
**Calm**

**Describe a  
time when you  
felt calm.**



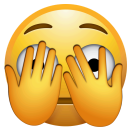
**Calm**

**What can you  
do to help  
someone else  
feel calm?**



**Embarrassed**

**What is the  
most  
embarrassing  
thing that has  
happened to  
you? Why was it  
embarrassing?**



**Embarrassed**

**Has someone  
ever  
embarrassed  
you ?**



**Jealous**

**Describe a  
time when you  
felt jealous?**



**Jealous**

**What kinds of  
things can  
make someone  
feel jealous?**





Kind

**Who is the  
kindest person  
you know?  
What makes  
them feel  
kind?**



Kind

**What are three  
ways you can  
be kind to  
someone?**



Frustrated

**When you feel  
frustrated,  
how do you  
express it?**



Frustrated

**What emotions  
do you feel  
when you are  
frustrated?**



**Surprised**

**What does  
your face look  
like when you  
are surprised?**



**Surprised**

**Have you ever  
surprised  
someone?**

**What did you  
do?**



Loved

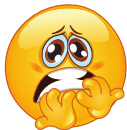
**What things  
can you do to  
show someone  
you love them?**



Loved

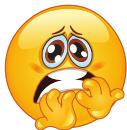
**What do you  
love most  
about  
yourself?**





**Anxious**

**Describe a  
time when you  
felt anxious or  
worried.**



**Anxious**

**What kinds of  
things can  
make someone  
anxious or  
worried?**



**Confused**

**When were  
you last  
confused? How  
did it make you  
feel?**



**Confused**

**What are some  
things that  
might make  
someone feel  
confused?**



**Lonely**

**What can you  
do to help  
someone else  
who feels  
lonely?**



Lonely

**Describe a  
time when you  
felt lonely?**



**Guilty**

**Have you ever  
felt guilty about  
something?  
What other  
things did you  
feel?**



**Guilty**

**What are some  
things people  
do when they  
feel guilty?**





Safe

If you didn't  
feel safe, who  
would you go  
to?



Safe

What makes  
you feel safe?