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Feelings

Happy: When were you last really happy? How can people tell when you're happy?

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Sad: What makes you sad? What helps when you're feeling sad?

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Angry: What can make you angry? What do you do when you need to let your anger out?

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Scared: What were you scared of when you were younger? Who helps you when you're scared?

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Proud: When have you been proud of yourself? Who did you tell?

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Nervous: When have you had butterflies in your tummy? What did you do to calm down?

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Surprised: What's the best surprise you've ever had? What does your face look like when you're surprised?

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Jealous: When have you wanted something that someone else had? What did you do with that feeling?

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Embarrassed: What can make someone embarrassed? What can you say to someone who feels embarrassed?

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Tired: How can you tell that you're tired? What's the best thing to do when you're tired?

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Bored: When do you get bored the most? What can you do when you're bored?

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Brave: When have you been brave? What helped you find the courage?

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Lonely: How can you tell that someone feels left out? What can you do for someone who's lonely?

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Safe: Where do you feel safest of all? Who makes you feel safe?

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Disappointed: When have you felt disappointed about something? What helped you afterward?

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Confused: When have you felt confused about something? Who can you ask when you don't understand?

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Thankful: What are you glad to have? Who would you like to say thank you to?

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Excited: What are you looking forward to right now? How does it feel in your body to be excited?

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Annoyed: What can annoy you? How can you say it kindly when something bugs you?

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Calm: Where do you feel completely calm? What do you do to calm down?

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Missing someone: What does it feel like to miss someone? What can you do when you miss someone?

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Relieved: When have you felt relieved that something went well? What were you worried about before?

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Frustrated: What's hard for you to learn? What do you do when something doesn't work the first time?

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Hopeful: What are you hoping for? Who could help you with it?

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Your own question

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