Scared



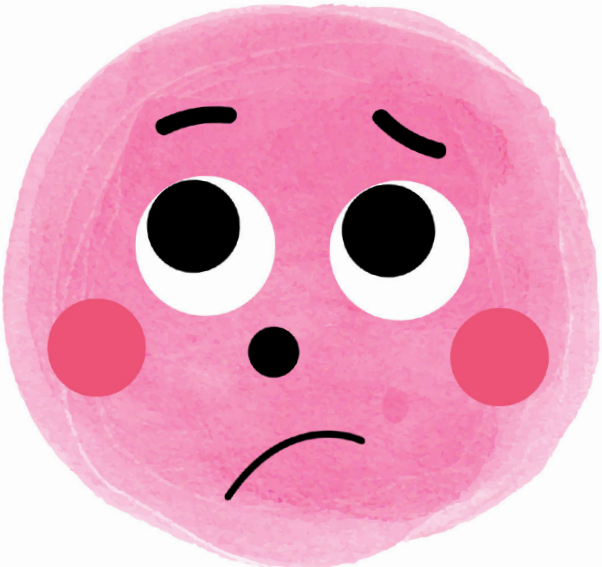
Sad



Silly



Shy



Sad

Can you name the emotion?

What are some things that make you sad?

Does everyone feel sad sometimes?

How old do you have to be to feel sad?

Scared

Can you name the emotion?

What are some things that make you scared?

Who can you talk to about being scared?

How does scared feel in your body?

Shy

Can you name the emotion?

What are some things that make you shy?

Does everyone feel shy sometimes?

What can you do when you feel shy?

How does shy feel in your body?

Silly

Can you name the emotion?

What do you think being silly is?

Is there a time when you have been silly?

What could you say to someone who is being silly and you want them to stop?

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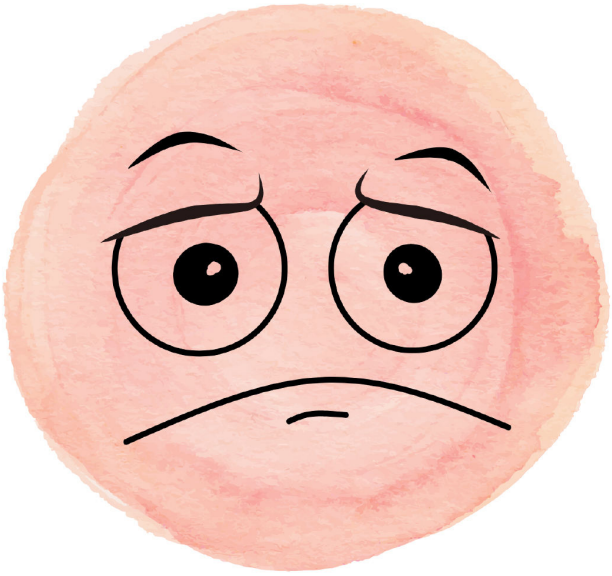
Hurt



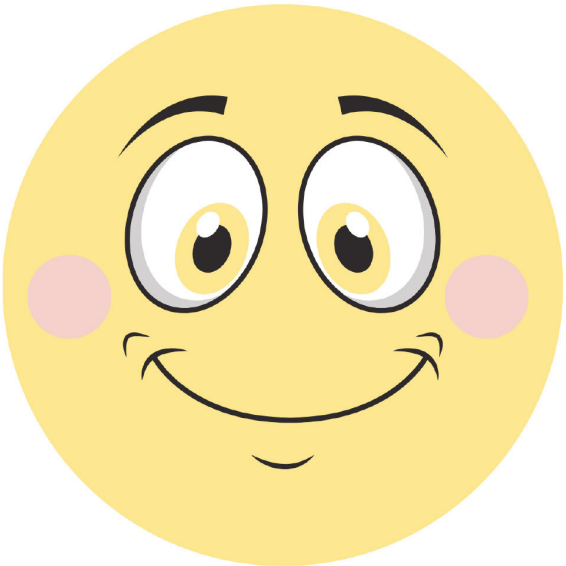
Angry



Frustrated



Excited



Angry

Can you name the emotion?

What are some things that make you mad?

Is it ok to feel mad?

What are some things that you can do so that you feel calm again?

Hurt

Can you name the emotion?

What makes you feel hurt?

Show me your hurt face?

What can you do when you are feeling hurt?

Excited

Can you name the emotion?

What are some things that make you excited?

When have you been the most excited?

Make an excited face.

Frustrated

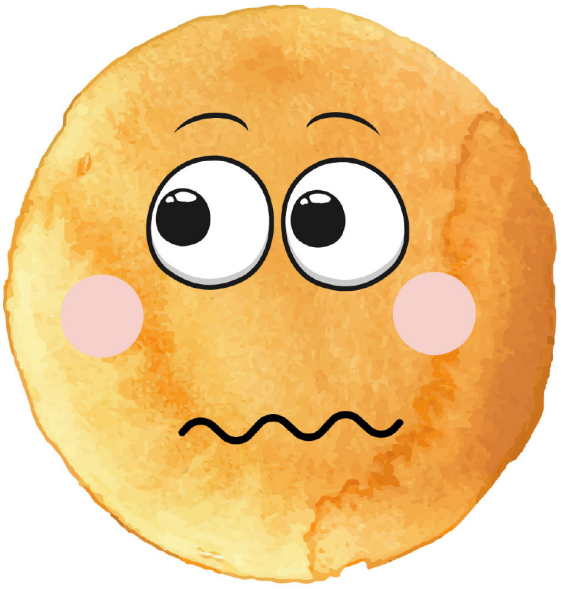
Can you name the emotion?

What are some things that make you frustrated?

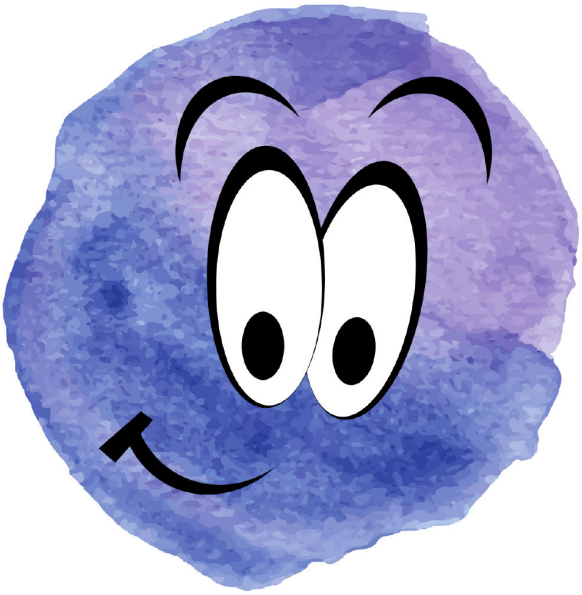
What can you do so that you feel less frustrated?

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Nervous



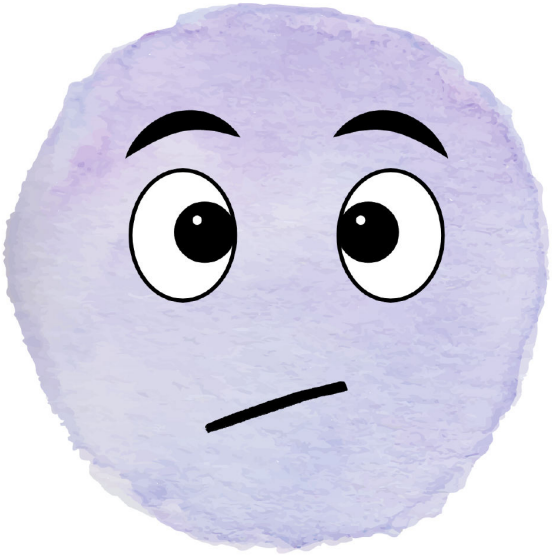
Content



Calm



Quiet



Content

Can you name the emotion?

What make you happy?

How do we feel when we are happy?

Are there any other words for happy?

Nervous

Can you name the emotion?

What are some things that make you nervous?

Does everyone feel nervous sometimes?

What can you do so that you feel less nervous?

Quiet

Can you name the emotion?

What are some things that make you quiet or worried?

Who can you talk to about your worries?

Calm

Can you name the emotion?

What are some things that make you calm?

What can you do to calm down when you feel angry?

Can you name any other calming words?