

Angry

Describe a time when you felt angry.	Describe a time when you felt frustrated.	Describe a time when you felt jealous.
How would you react if someone insulted you?	What would you do if your parents said no to going somewhere you really wanted to go?	Describe a time when you had an angry outburst What could you have done differently?
Describe a time when you did not express yourself in a helpful way. What could you have done differently?	What is the angriest you have ever been?	What is something that your mom does that makes you angry?
You are angry with your teacher. You have the impulse to make a face at her when her back is turned. What might happen?	Show an angry face.	What is the meanest thing you have ever done to someone?
What is the meanest thing anyone has ever said and done to you?	Luke is telling his mom something cool that happened at school but she is watching TV and not listening so he throws his bag at the TV. What could he have done?	Martin is mad at you because he thinks that you said mean things about him behind his back, but you didn't. You yell at him. What could you have done?
What is something that your mom does that makes you angry?	What is something positive you can do when you get angry?	Take 3 deep breathes and describe how it felt.

Disgusted

<p>What is a chore that you hate doing?</p>	<p>Describe a time when you felt disgusted.</p>	<p>You are working on an art project. You make a mistake and want to start over. What should you do?</p>
<p>Show a disgusted face.</p>	<p>What would you do if someone called you a name?</p>	<p>Laura was put in a group at school with another girl she doesn't like. What should she do?</p>
<p>What is your least favorite food?</p>	<p>What is your least favorite subject at school?</p>	<p>What is something that you had to do that you didn't want to do?</p>
<p>How can you politely tell someone that you don't want to do something? What if you still have to do it?</p>	<p>If you could change anything about yourself, what would it be?</p>	<p>What is something that annoys you?</p>
<p>Michael is drumming on his desk, and you are trying to concentrate. What can you do?</p>	<p>How do you make something you don't like to do more fun?</p>	<p>If you could change one thing about your parents, what would it be?</p>

Fear

What is your biggest fear?	What's the hardest thing you have ever done?	What makes you the most nervous?
Show a Scared face	Tell us three fears	What is something you have lied to your parents about?
What adult would you go to first if you had a serious problem?	Martha made up a game that you think might be kind of dangerous and wants you to play with her. What would you do?	What is the most trouble you have ever been in with your parents?
What is the hardest thing about being a kid?	Describe a time when you felt scared?	What is the scariest thing you have ever done?
Your ball went across a busy street that you aren't allowed to cross. What would you do?	How would you go about telling your parents something really hard?	How can you tell if a friend is scared?

Joy

<p>Describe a time when you felt happy.</p>	<p>Describe a time when you felt proud.</p>	<p>Describe a time when you felt safe.</p>
<p>Make eye contact with the person on your right. Make a happy expression. Hold for 5 seconds.</p>	<p>Three strengths</p>	<p>Tell us one good thing that happened today.</p>
<p>If you could meet anyone, who would it be?</p>	<p>What do you want to be when you grow up?</p>	<p>What is your biggest dream?</p>
<p>Where is your favorite place?</p>	<p>What one thing have you not done that you really want to do?</p>	<p>What is your favorite animal?</p>
<p>What is your favorite ice cream?</p>	<p>What are your favorite things to do?</p>	<p>Have you ever been so happy and gotten in trouble? What could you have done differently?</p>

Sad

<p>True or false: When you're sad, it's best to keep your feelings to yourself.</p>	<p>What do you do when you are sad?</p>	<p>Describe a time when you felt depressed/sad</p>
<p>Describe a time when you felt disappointed.</p>	<p>Describe a time when you felt guilty.</p>	<p>True or false: It's normal for people to feel sad at times.</p>
<p>Show a sad face.</p>	<p>Three weaknesses</p>	<p>When was the last time you cried?</p>
<p>How could you tell someone that they hurt your feelings?</p>	<p>Name two things you'll do to try to feel better the next time you're sad</p>	<p>How does your body feel when you are sad?</p>
<p>How might you know that a friend is feeling sad? How might you help them?</p>	<p>Who can you talk to when you feel sad?</p>	<p>John is sad because no one is playing with him at recess. What can he do?</p>