

Creating Connection

Questions for Children Under 8 Years Old

1. Are you feeling _____ (then give 2 choices: sad or mad? mad or scared? Afraid or sad?)
2. What kind of day are you having? A sad day? A happy day?
3. Are you feeling scared right now?
4. Did somebody make you _____ (insert emotion) Mad? Sad? Happy?
5. Did somebody hurt your feelings? What happened?
6. What was the best thing that happened for you today?
7. (With a doll or toy animal) Did something bad happen to (name of animal)? Can you tell me what he is feeling? What happened to him?
8. What are you scared about?
9. What is making you _____ Mad? Sad? Happy?
10. What do you need right now?
11. Do you need a hug? A high five?
12. Would you like to sit with me?
13. What can I do to make you feel better?
14. Do you need a break right now?

Statements for Children Under 8 Years Old

1. Tell me what happened.
2. I want to know what happened so I can help you.
3. Let's talk about this.
4. I am interested in how you are feeling.
5. That seems like it was hard for you.
6. Tell me more.



7. Your feelings mean a lot to me.
8. Tell me your story.
9. What were the highs and lows of your day?
10. Share your thoughts about that.