

# Happy

What makes you feel happy?

Can you describe a time when you felt really joyful?



# Excited



When was the last time you felt really excited?

What were you looking forward to?

# Lonely



Have you ever felt left out or alone?

What could you do to feel better?

# Shy

Have you ever felt shy in a new situation?

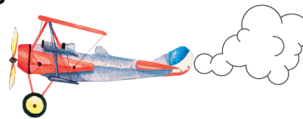
What helped you feel more comfortable?



# Embarrassed

Have you ever done something silly by accident? What helped you feel better?

What helped you feel better?



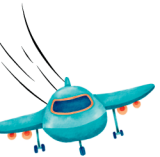
# Loved

Who makes you feel loved?

How can you show love to others?



# Brave



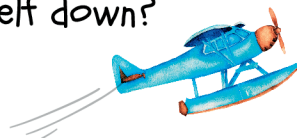
Describe a time when you had to be brave.

How did it feel before and after?

# Nervous

What's something that makes you feel nervous?

How do you calm yourself down?



# Confused



What do you do when you don't understand something?

Who do you ask for help?

