

Feelings Questions Activity

Therapist Instructions:

Select a combination of positive and trauma-related scenarios from the list below that best fit the children in your program. If these scenarios do not fit the age level or experiences of your group members, create alternate scenarios that better fit their needs.

Place feelings faces/words on the wall around the group room. Read each scenario and instruct all children to walk to the feeling they believe the child in the scenario may be experiencing. Ask children to use the Feelings Gauge poster to share how much of the feeling the character may be experiencing.

Allison got a special game she asked for on her birthday. She feels...
Brandon wants to play outside, but it is raining. He feels...
Chelsea earned an "A" on her spelling test. She feels...
Devon's house was hurt by a tornado last month. Today, it is raining and windy. He feels...
Ellie felt lonely, so she told her caregiver. Now they are playing a game together. She feels...
Frankie hears adults arguing loudly. He feels...
Greta had a bad dream about an upsetting thing that happened to her. She feels...
Henry climbed to the top of a jungle gym and is ready to go down a big slide. He feels...
Isabel thinks it is her fault that the scary, upsetting thing happened. She feels...
Jackson hears sirens outside and remembers the upsetting thing that happened in his family. He feels...
Kendra gets to choose her favorite place to go for dinner. She feels...
Levi misses family members he can't see now. He feels...
Maria remembers when she was hurt by someone else. She feels...
Nathan couldn't get to sleep because he was remembering bad things that happened a long time ago. He decided to do belly breaths to relax his body. Now he feels...
Olivia scores a goal in her soccer game. She feels...
Philip is going to a visit a family member he hasn't seen in a long time. He feels...
Raven earns a prize for working hard and following group rules. She feels...