

# 20 Questions

to start conversations about emotions and resiliency

- ★ These questions are designed to spark conversations about emotions and resiliency among children.
- ★ It is important to create a safe and supportive environment where children feel comfortable sharing their thoughts and experiences.
- ★ Encourage active listening and positive reinforcement during these discussions.
- ★ You are welcome to add additional question.
- ★ Print cards back to back and cut out .





Can you think of a time when you felt really proud of yourself? How did that make you feel?

What are some things that make you feel happy?

Have you ever felt nervous or anxious about something? How did you calm yourself down?

How do you feel when you help someone else?

Have you ever experienced a time when you felt scared or afraid? How did you handle that feeling?

What do you do when you feel sad or upset?

How do you feel when someone is kind to you?

Can you think of a time when you felt frustrated or angry? How did you deal with those emotions?





Can you share a time when you felt really excited? What were you looking forward to?

What does it mean to be resilient? Can you think of an example of someone being resilient?

How do you bounce back from a difficult or challenging situation?

Have you ever had to try and try again to achieve something? How did that make you feel?

Can you think of a time when you faced an obstacle or a problem? How did you overcome it?

What helps you stay positive when things don't go as planned?

How do you show empathy or understanding towards others who are going through a tough time?

Can you think of a time when you felt proud of someone else's accomplishments? How did that make you feel?





How do you support your friends or family members when they are feeling down?

What are some ways you can practice self-care and take care of your own well-being?

How do you think expressing your emotions can help build strong relationships with others?

How do you feel when you accomplish something you've been working hard on?







