

Feeling anxious this morning?

Let's think about these questions...

Is there a specific time or part of school that makes you feel this most?

How did you feel before you came to school?

What has your morning looked like so far?

Which emotion, colour or feeling would you choose right now?

Would you like to go in the calm area and ...?

What is one thing you feel good about at school?

I understand you are feeling strongly. Can you tell me more about it?

What could we do to help you change how you are feeling?

Where are your feelings in your body?

Why do you think you feel this way?

Is there a specific time or part of school that makes you feel this most?

Feeling overwhelmed after the school day?

Let's think about these questions...

You might like to have some time on your own first until you feel ready to talk.

Which emotion, colour or feeling would you choose right now?

How did you feel when this happened?
Can you show me on your face?

Who did you speak/play with today?

I understand you are feeling strongly.
Can you tell me more about it?

If you find using your words tricky, why not try writing or drawing instead?

Would you like to go into your safe space until you feel calm?

Why do you think you feel this way?

What one thing do you feel good about after today?

Where are your feelings in your body?

What would you like to share about your day at school?