



**BASICS**  
by WELLNESS HUB

**What makes you laugh the most?**



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**Can you tell me about a time you felt very happy?**



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**What is something you love doing that makes you smile?**



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**Who in your life makes you feel the happiest?**



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**What does being sad feel like to you?**



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**Can you remember a time when you felt sad? What happened?**



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**What things make you feel a little bit sad?**



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**When you feel sad, what makes you feel better?**

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**What do you do when you feel angry?**



**Can you show me an angry face?**



**Tell me about a time you felt really mad. What did you do?**



**What are things that make you angry?**



**What are some things that scare you?**



**Can you tell me about a time you felt scared?**



**How do you feel inside your body when you are scared?**



**Who helps you feel safe when you are scared?**



**What makes you feel excited?**



**Tell me about a time when you were very excited. What happened?**



**How can you tell when you are feeling excited?**



**What are you looking forward to doing soon?**



**Can you think of a time you were surprised? What surprised you?**



**What does your face look like when you are surprised?**



**Tell me about something that surprised you in a good way**



**What do you do when you feel tired?**



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**Can you show me what you look like when you're tired?**



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**What helps you feel rested when you're tired?**



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**What are you curious about?**



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**Can you think of a time you asked a lot of questions about something? What was it?**