



BASICS
by WELLNESS HUB

How do you feel when you get a surprise gift?



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What do you feel when you see a friend after a long time?



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How does it make you feel when someone helps you?



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Can you tell me about a time you felt scared? What happened?



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What makes you feel happy at school or at home?



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How do you feel when it's bedtime?



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What do you feel when you have to say goodbye to someone?



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How do you feel when you help with a chore at home?

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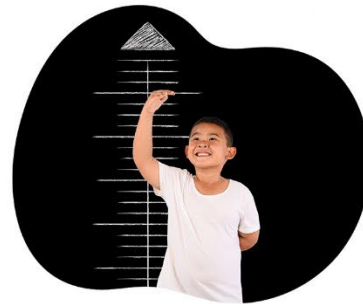
If you found a lost toy, how would it make you feel?



Imagine if you could fly like a superhero. How would that make you feel?



If you could make everyone laugh, how would you feel?



How would you feel if you grew taller overnight?



What do you feel when it rains and you can't go outside?



How do you feel when someone tells you a story?



Can you think of a time you felt really proud of something you did?



How do you feel when you try something new?