

CONVERSATION CARDS: MY FEELINGS

These conversation cards can be used to facilitate discussions about your child's emotions in a number of ways. Each card has a main question and an optional follow-up question that can help your little one go deeper in their self-reflection.

Inspired by recommendations from Hillary Guest M.S., CCC-SLP, these cards can be used for daily check-ins or made into a game. For example, try taking turns drawing cards and answering the questions so your child can also observe how you share your feelings.

MY FEELINGS

What is an example of something that makes you feel happy?

Follow up:

Why does it make you happy?

MY FEELINGS

What is something that makes you feel sad?

Follow up:

What do you do when you are feeling sad?

MY FEELINGS

Setbacks can be hard. What do you do when things don't go your way?

Follow up:

Why is it important to keep trying?

MY FEELINGS

Can you share a time when you felt angry?

Follow up:

What did you do when you felt that way?

MY FEELINGS

What is something that makes you feel special?

Follow up:

How do you like to make others feel special?

MY FEELINGS

Do you have any worries?

Follow up:

What do you do to make worries go away?

MY FEELINGS

Do you ever feel alone or that people don't understand?

Follow up:

What do you do to be a good listener and help others?

MY FEELINGS

What is something you are looking forward to?

Follow up:

Why are you excited for this to happen?