

Top 12 discussion questions about feelings



These questions encourage kids to reflect on their feelings and experiences while giving parents and teachers an opportunity to offer gentle guidance

1. What does being confident mean to you? What is the opposite of feeling confident?
2. Can you think of a time when you felt really proud of yourself? What made you feel that way?
3. What is something you're really good at or enjoy doing? How do you feel when you are doing that?
4. Is there something you'd like to learn or get better at, and why?
5. How do you feel when you try something new?
6. How do you feel if something doesn't go as planned? In those situations, what can you tell yourself so you won't get discouraged?
7. What kinds of things do you say to yourself when you're working on something hard? Are those words kind or harsh? Would you say those same kinds of words to one of your good friends?
8. When you feel nervous or unsure what can you tell yourself; how can you give yourself a sense of peace or comfort? What can you say to calm yourself?
9. How can we help each other feel more confident?
10. Who do you go to when you need encouragement or advice? How does that help?
11. How do you feel when you make a mistake? How can you validate those feelings? What can you learn from your mistakes?
12. What is the difference between trying your best or being the best? Which one do you think is more important, and why?

Another great resource: The book **"You and Feelings"** is an empowering story with catchy rhymes that the whole family will enjoy! Available on Amazon and our website.