

QUICK QUESTIONS FOR CONNECTION

WHAT ANIMAL DO YOU FEEL
LIKE RIGHT NOW?

WHAT MAKES YOU SMILE
REALLY BIG OR LAUGH A LOT?

WHAT MADE YOU FEEL UPSET
OR FRUSTRATED TODAY?

HOW DO YOU KNOW WHEN SOMEONE
ELSE IS FEELING SAD OR HAPPY?

WHAT CAN I DO WHEN CHRISTMAS
FEELS TOO BIG FOR YOUR BODY?

IMAGINE YOUR FEELING IS A PERSON,
WHAT IS IT DOING TO YOU?