

Tell me about a
time you made
a good
choice when
you felt _____.

Name something
you can do to
calm down when
you feel _____.

Tell me about a
time you
felt _____.

Tell me about a
time something
you did made
someone else
feel _____.

Tell me about a
time you did not
make a good
choice when
you felt _____.

Show me
something you
can do to calm
down when
you feel _____.