

Sharing Our Feelings Challenge Cards



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Sharing Our Feelings

How might people
show their **feelings**?



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Sharing Our Feelings

Do you think people
can **feel** more than one
emotion at the same time?
Explain your thoughts.



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Do you think people's
feelings can change
throughout the day?
Why do you think this?



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If **feelings** become uncomfortable or too strong, what could someone do to help them feel more comfortable?



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What helps you when you experience **uncomfortable feelings**?



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Do you think people always react and behave the same way when they feel the same **emotion**? Explain your thoughts.



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Who do you **feel comfortable** sharing your feelings with? Why?



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