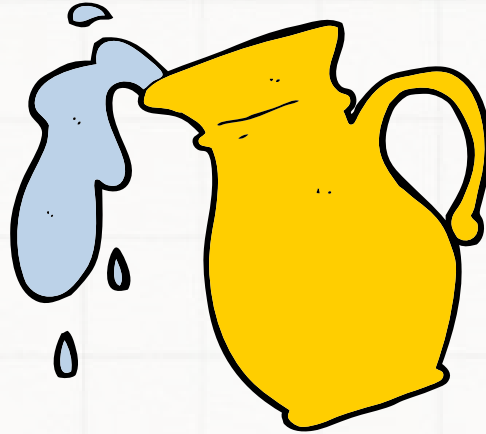


# EMPTY YOUR EMOTIONS

QUESTIONS TO ASK YOUR KIDS TO HELP THEM PROCESS THEIR EMOTIONS



1.  
**IS SOMETHING BOTHERING YOU?**

2.  
**CAN I HELP YOU BY LISTENING?**

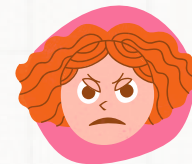
3.  
**ARE YOU FRUSTRATED?**

4.  
**WHAT IS MAKING YOU FRUSTRATED?**



5.  
**WHAT MAKES YOU UPSET?**

6.  
**WHAT MAKES YOU ANGRY**



7.  
**WHAT MAKES YOU SAD?**

8.  
**WHAT MAKES YOU HAPPY?**

