

CHARACTER FACE SHEET



happy



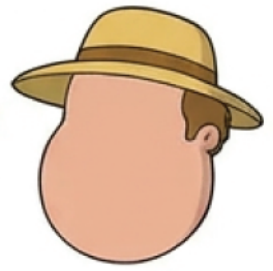
calm



sleepy



brave



empty



happy



calm



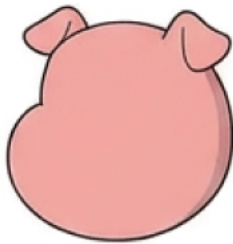
sleepy



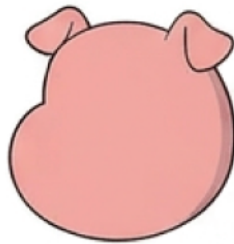
brave



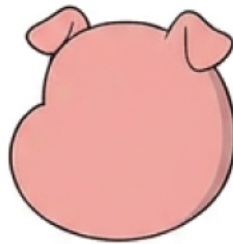
empty



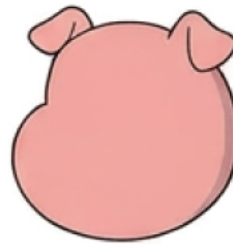
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Confidence & Inner Strength



What is something you did well today?



Confidence & Inner Strength



What is something you are learning to do?



Confidence & Inner Strength



What made you feel strong today?



Confidence & Inner Strength



What is something you are proud of?



Confidence & Inner Strength



What is something kind about you?



Confidence & Inner Strength



What is something you can try again tomorrow?



Confidence & Inner Strength



What helps you feel confident when things are hard?



Confidence & Inner Strength



What makes you feel brave inside?



Imagination Boosters

If you could dream about anything tonight, what would it be?



Imagination Boosters

If you could visit a calm place, where would you go?



Imagination Boosters

What animal would you like to meet in your dream?



Imagination Boosters

If the moon could talk, what would it say to you?



Imagination Boosters

What would a perfect sleepy cloud feel like?



Imagination Boosters

If your favorite toy could join your dream, what would happen?



Imagination Boosters

What color does calm feel like to you?



Imagination Boosters

What would a peaceful farm night sound like?



Connection & Bonding Questions

What was your favorite part of today?



Connection & Bonding Questions

Who did you enjoy spending time with today?



Connection & Bonding Questions

What made you laugh today?



Connection & Bonding Questions

What is something nice someone did for you?



Connection & Bonding Questions

What is something kind you did today?



Connection & Bonding Questions

What do you love about our time together?



Connection & Bonding Questions

What would you like to do together tomorrow?



Connection & Bonding Questions

What made today feel special?



**Feelings & Emotional
Check-In**

What is one feeling you felt today?



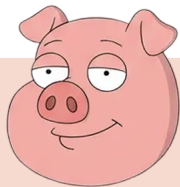
**Feelings & Emotional
Check-In**

What made you feel happy today?



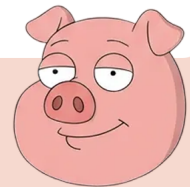
**Feelings & Emotional
Check-In**

Did anything make you feel worried or unsure?



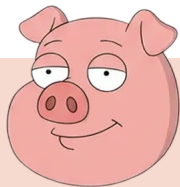
**Feelings & Emotional
Check-In**

What made you feel proud today?



**Feelings & Emotional
Check-In**

When did you feel brave today?



**Feelings & Emotional
Check-In**

What feeling do you want to bring into tomorrow?



**Feelings & Emotional
Check-In**

What helped you feel better when something was hard?



**Feelings & Emotional
Check-In**

What feeling is visiting you right now?

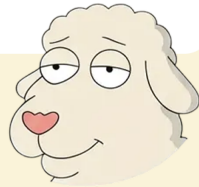




Calm-Down Questions



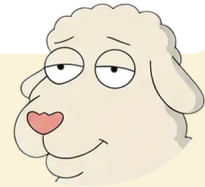
What was the quietest moment of your day?



Calm-Down Questions



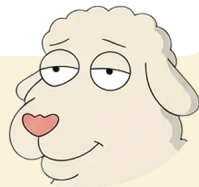
What helped your body feel calm today?



Calm-Down Questions



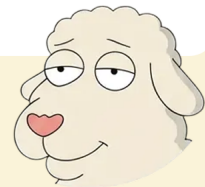
When did you feel most relaxed today?



Calm-Down Questions



What sound makes you feel sleepy or peaceful?



Calm-Down Questions



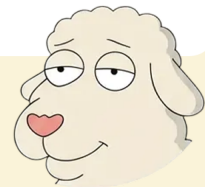
What can we leave behind before going to sleep?



Calm-Down Questions



What part of your body feels tired right now?



Calm-Down Questions



What helps you feel safe at bedtime?



Calm-Down Questions



If today could slow down, what would slow first?



Laffari



SCAN ME