

Conversation cards - Emotions

What makes you sad?	What makes you happy?	What makes you angry?
What's your biggest fear?	How do you react if you feel embarrassed?	When you're feeling sad do you prefer to be by yourself or around other people?

<p>What is anxiety?</p>	<p>Who is your 'go to' person when you are feeling down?</p>	<p>Would you feel comfortable crying in public?</p>
<p>Do you have at least one member of staff you would feel comfortable talking to about a problem?</p>	<p>How do you cope with feelings of anger?</p>	<p>Does social media ever have an impact on your mood?</p>
<p>Do you feel worried in the lead up to exams/assessments?</p>	<p>How do you cope with school workload?</p>	<p>Do you ever feel jealous?</p>

How do you relax?	Do you find it easy to discuss your emotions with others?	If sadness was a colour what would it be?
If happiness was a colour what would it be?	Do you think males and females handle their emotions in different ways?	Is emotional health as important as physical health?
What is mental illness?	How would you rate your <u>well-being</u> ?	Would you know how to support your friend if they were feeling depressed?

Teacher tips:

These chat checks are a tool to facilitate frank and honest discussion about emotional well-being, it is therefore vital that the teacher familiarises themselves with the cards prior to the session so that they are prepared for any potential questions and/or debate points.

Idea 1 – Circle time, print out and cut up. Have the cards face down on the floor, students take it in turns to pick a card, read it out and discuss.

Idea 2 – $\frac{1}{2}$ and $\frac{1}{2}$. Split the class into 2 circles/groups. One group discuss the grey cards, the other the white. Then bring together for each group to share their opinions with their peers (this method is more appropriate for older students)