

THINK AND SHARE INVITATIONS **TO HELP STUDENTS** **NAME, OWN, AND DEAL WITH FEELINGS**

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Permission is gladly granted for reproduction for educational, non-commercial purposes only, to help students learn about and deal with their feelings.

Think and Share Invitations are offered as springboards for

❖ **Restorative / Community Building Circles**

❖ **Writing/ Journaling** ❖ **Pair and Share**, etc.

PLEASE ALSO CONSIDER engaging in Visual and Performing Arts

*inspired by the **Think and Share Invitations***

~ draw ~ paint ~ dance ~ mindful movement ~ hand motions ~ write skits ~ and more

At this link you will find the **Think and Share Invitations** (TSI's) connected with the 51 Songs in the CARING AND CAPABLE KIDS ALBUMS (2 or more TSI's per song)

CaringandCapableKids.com

Think and share about a time ...

- ... when you felt **happy**. About what were feeling happy, and how did you share your happiness?
- ... when you felt **sad** and someone helped you feel better.
- ... when you felt **scared** and someone really listened to you and helped calm your fears.
- ... when you felt **angry**, and made good choices.
- ... when you felt **excited**. About what were you feeling excited, and how did you express your excitement?
- ... when you felt **embarrassed**. How did you deal with your embarrassment?
- ... when you felt **surprised**. About what were you surprised? Was it a happy surprise for you, or not?
- ... when you felt **confident**. About what were you feeling confident, and what added to your feeling of confidence?
- ... when you felt **frustrated**. About what were you feeling frustrated, and how did you deal with your frustration?
- ... when you felt **grateful**. For what were you grateful, and how did you express your gratitude?
- ... when you felt **peaceful**. What did you do to share that peaceful feeling with others
- ... when you felt **proud**. About what were you feeling proud?

SUGGESTION: Add additional **Think and Share Invitations** to include even more feelings words, perhaps with students' input. As a potential springboard for considering additions, you may wish to tap into this resource: List of 353 Feelings Words: 2 p. format

<https://lkwbetterworld.files.wordpress.com/2015/06/ws-feelings-words-2-p-w-c-from-l-s-gr-6.pdf>