

# **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  
52 Songs in the CARING AND CAPABLE KIDS ALBUMS (2 or more TSI's per song)

[CaringandCapableKids.com](http://CaringandCapableKids.com) <https://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>