



# FEEL

## Conversation Card



Take turns asking these questions to the people around you.  
Mark off the box for every question you get answered.

What is  
something that  
makes you smile?

What are some  
emotions that  
smiling could  
express?

Do you use any  
strategies to  
help you feel  
calm?  
What are they?

Is there  
something you  
are looking  
forward to?  
What  
is it?

Practice  
expressing your  
feelings by  
sharing how you  
feel right  
now. Why do you  
feel this way?

What are some  
different feelings  
a Firefighter  
might have?

How does your  
body feel when  
you are mad?



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