

How to reflect feelings: helpful sentence starters

- It looks like you're really happy
- You seem a bit sad
- I can see you're very frustrated
- Are you feeling fed up?
- You look really angry
- It sounds like you were really scared
- What were you feeling?
- It seems like you are a bit anxious
- How did you feel when your toy was taken?
- Maybe you felt frustrated when your teacher told you to share your favourite book?
- I bet you felt pretty grumpy
- I wonder if you feel a little jealous?

