

Discussion Prompts & Conversation Starters

These discussion prompts and conversation starters are designed to accompany The Feelings Bench, but many can also be used on their own. There are no right or wrong answers. They are simply meant to encourage meaningful conversations between little hearts learning to navigate big feelings and the adults who love and support them.

Body Awareness

- What did you notice happening in the character's body in the story?
- Does your body ever feel like that?
- Where do you feel this feeling in your body?

Sitting With Feelings

- What do you think it means to sit with a feeling?
- What might help you sit with a feeling when it feels big?
- Who helps you sit with your feelings?

Naming Feelings

- What name would you give this feeling?
- Have you ever had this feeling come to visit you?
- How do you know when this feeling arrives?
- Can you think of a feeling we did not name in the story?

Comfortable & Uncomfortable Feelings

- Does this feeling feel comfortable or uncomfortable?
- Can uncomfortable feelings still be okay?
- What do you think this feeling is trying to tell us?

Multiple Feelings at Once

- Do you ever feel more than one feeling at the same time?
- What feelings might be sitting on the bench together?
- Is there room on the bench for all of them?

Letting Feelings Go

- How do you know when a feeling is ready to leave?
- What helps feelings move on?
- Do you think feelings always leave the same way?
- What would you say to a feeling after it visits?