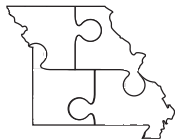


## *Ice Breaker*

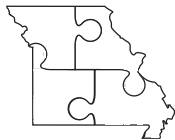
Describe your perfect day.



**Connect with Me**

## ***Ice Breaker***

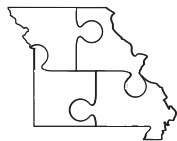
If you described your day using emojis, what would it look like?



**Connect with Me**

***Start talking!***

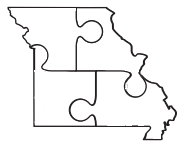
What does it mean  
to you to be happy?



**Connect with Me**

***Keep going!***

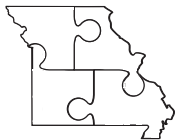
Is it realistic to be  
happy all the time?



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## ***Start talking!***

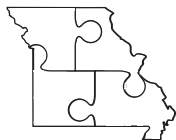
When have you felt stressed?  
What makes you feel stressed?



**Connect with Me**

***Keep going!***

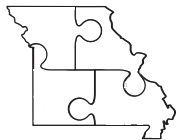
How do you deal with stress?



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## ***Start talking!***

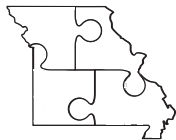
What have you heard people say that has hurt someone's feelings?



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***Keep going!***

How did you feel or what did you do when you heard those things?

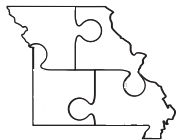


**Connect with Me**



## ***Start talking!***

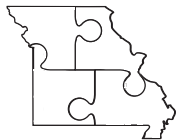
Describe the last time you felt angry. How did you handle that situation?



**Connect with Me**

***Keep going!***

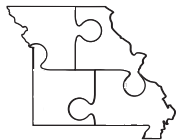
How did you calm yourself  
down when feeling angry?



**Connect with Me**

## ***Start talking!***

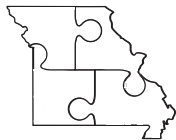
Sometimes emotions are hard to control. If you or a friend needs help who could you talk to?



**Connect with Me**

***Keep going!***

How would you encourage someone else to seek help?



**Connect with Me**