

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
- Hmm! How was that for you?
- It seems like you are a bit anxious
- How did you feel when your bag was taken?
- Were you feeling frustrated?
- I bet that made you feel pretty annoyed

