

Emotional Literacy Reflection Board Game

30 questions to explore with your colleagues

1. Do you express your feelings well?
2. How well do you label your feelings?
3. Do you see the bright way forward?
4. What positive ways do you deal with pressure?
5. What are your me time activities?
6. Do you set boundaries for people and behaviours you find confronting?
7. Do you have a hard time standing up for yourself?
8. Do you keep agreeing to do things you don't really want to do?
9. What do you need to do to regain your personal power?
10. Saying no is easy ... difficult for me?
11. Think of a time when you were at your best.
12. Sharing small talk with friends and colleagues helps you to feel happier.
13. Which of your relationships give you the greatest happiness?
14. Do you encourage others to achieve their responsibilities and goals?
15. If you were to say thank you to someone today, who would it be?
16. What kind of impact do you have on people?
17. Take a moment to think about what happiness means to you.
18. When did you last enjoy your work?
19. Is mindfulness part of your daily practice to remain calm?
20. Is there someone you work with who encourages your development?
21. How are people greeted at your school?
22. Do you have opportunities to learn and grow at school?
23. Are you drinking enough water during the school day?
24. Communication is like giving a gift. Who can you give some attentive dialogue to today?
25. Are you practicing self-care habits?
26. Close your eyes and take four deep breaths,
27. Do your colleagues feel proud of the work they do?
28. Do you feel accepted by your colleagues?
29. Do you enjoy a positive collegial relationship with your peers?
30. Make some time today to say thank you to people.

Funderstanding