**Session 1- Talking it through**

**What has happened/why are we here today?**

**……………………………………………………………………………………………………………………………………………………………………………………………………**

**How did you feel at the time? Please circle**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjgsofZxLTPAhVJVxQKHQHJBKwQjRwIBw&url=http://mymarketingsolutions.com/blog/2016/06/09/emoji-no-emoji-question/&psig=AFQjCNEeYtum2PS_zcthAlejgyxsQikHNQ&ust=1475236518661445) **** [](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjm8PaQxbTPAhWC7RQKHS2lBkgQjRwIBw&url=http://www.iemoji.com/view/emoji/1299/skin-tones/white-ok-hand-sign&bvm=bv.134495766,d.ZGg&psig=AFQjCNGgufalbt7ecE3eW3D1XCaCnsNC2Q&ust=1475237240210523)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiP0bmnxLTPAhWC7xQKHbeXCh4QjRwIBw&url=http://www.iemoji.com/view/emoji/56/people/thumbs-up-sign&psig=AFQjCNEeYtum2PS_zcthAlejgyxsQikHNQ&ust=1475236518661445)

**Good Rubbish OK Normal**

**What were you thinking?**

**……………………………………………………………………………………………………………………………………………………………………………………………………**

**What feelings have you had since this happened? Please circle**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwjypMGeisfSAhXHvhQKHcGPDRMQjRwIBw&url=http://www.planwallpaper.com/emoji&psig=AFQjCNEw4KX7cev5HzzhDuNwU9hxVBx51g&ust=1489068400887886) [](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjr2q-0isfSAhVMvxQKHacNAM8QjRwIBw&url=https://www.thesun.co.uk/archives/news/1137307/how-many-do-you-use-the-right-way-these-are-the-emojis-weve-been-getting-wrong-all-this-time/&psig=AFQjCNEw4KX7cev5HzzhDuNwU9hxVBx51g&ust=1489068400887886) [](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiHp7nUisfSAhVC8RQKHcUZBswQjRwIBw&url=https://www.pinterest.com/pin/288230444883675315/&psig=AFQjCNEw4KX7cev5HzzhDuNwU9hxVBx51g&ust=1489068400887886)  

Angry Sad Hurt Shocked Confused

WHY ?

**………………………………………………………………………………………………….**

**Since it happened has anything changed for you and your family?**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**What’s been the hardest thing for you?**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**What do you want to happen?**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**