

# Resource C – Role Play Questions for use with Module D

Use this sheet for the leaders to role play an interview that asks them to reflect on how they feel in different situations and how the altered feelings affect them.

**How do you feel if you are having a bad day?**

**How do you feel when you are hungry?**

**How do you feel when you are tired?**

**How do you feel when you don't understand something?**

**How do you feel when you are having a really good day?**

**What helps you work well when you are having a bad day?**

**What and who influences your mood?**

**What brings out the best in you?**