

# Follow-up Questions

From the first session in *Apple's Friends*, the children are encouraged to come up with solutions to help them cope with difficult feelings and situations. Once they have started practising this in class, you should encourage them to use the skills in real life situations.

Using these questions means you don't tell children what to do – instead, they will start to find solutions for themselves.

- **Firstly, recognise the child's feelings:**
  - "I can see that you are upset/angry"
  - "I understand this is difficult for you"
  
- **Then ask these questions:**
  - What can you do to help you feel better?
  - Does it help you to feel better?
  - Does the other person feel better?
  - Does it obey the Golden Rules for Choosing a Helpful Solution?
    - It helps me to feel better
    - It doesn't hurt me or anyone else
  
- **Do you have other suggestions – is there anything else you can do?**
  
- **Does anyone else have a suggestion?**
  
- **Is this something you would like to try?**