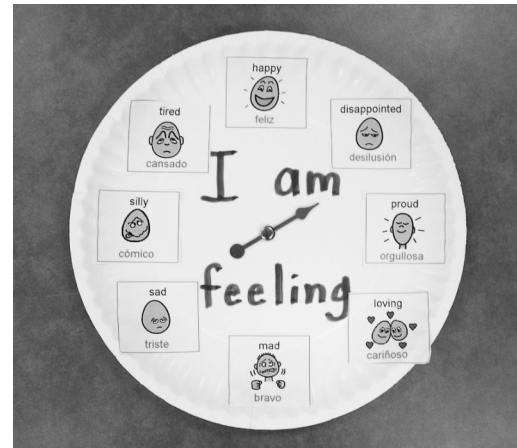




Emotion Wheel

Materials

- One paper plate per participant
- One sheet of emotion pictures per participant
- One spinner per participant
- One Sharpie or regular Crayola marker per four participants
- One pair of scissors per participant
- One glue stick per participant



Directions

- Write the words “I am feeling” in the middle area of the plate. Regular crayola markers can be used on the paper plates; however, allow the marker to dry or it will smudge. Usually with a little blowing and waving, it will dry to the touch within a couple of minutes.
- Once the marker is dry, pre-poke the hole in the center of the plate by using the pointy end of a scissor.
- Once the hole is poked through, attach the spinner by placing the arrow part through the top of the plate and then attach the bottom piece to the arrow on the bottom of the plate.
- Cut out eight to ten emotion pictures emotion pictures and place around the rim of the plate. Consider eight pictures as ten pictures may be overwhelming to your child and may also take up to much space around the rim of the plate. The emotion pictures can be placed in any order. Glue the pictures to the rim of the plate once they are arranged without overlapping each other.

Activity

- Present the emotion wheel to your child
- Explain that this game is about giving words to the way s/he feels.
- Tell the child that it is important for you to know about his or her feeling so you can help him or her deal with the feelings s/he doesn't like.
- Explain that the child can let you know about his or her feelings by moving the arrow and stopping just on the emotion he or she is feeling at that point.
- Before the child starts playing with the emotion wheel, look and talk about each picture and the emotion it represents.
- Remind the child that it is okay to feel mad, angry, upset, happy, tired, or disappointed and that you will help him or her learn how to deal with those emotions.