

Create Your Own Feelings Wheel

Materials

- Template
- Copy paper (cardstock is recommended for increased durability)
- Crayons or markers
- Scissors
- Brad fastener
- Glue
- Googly eyes, stickers, etc. (optional)

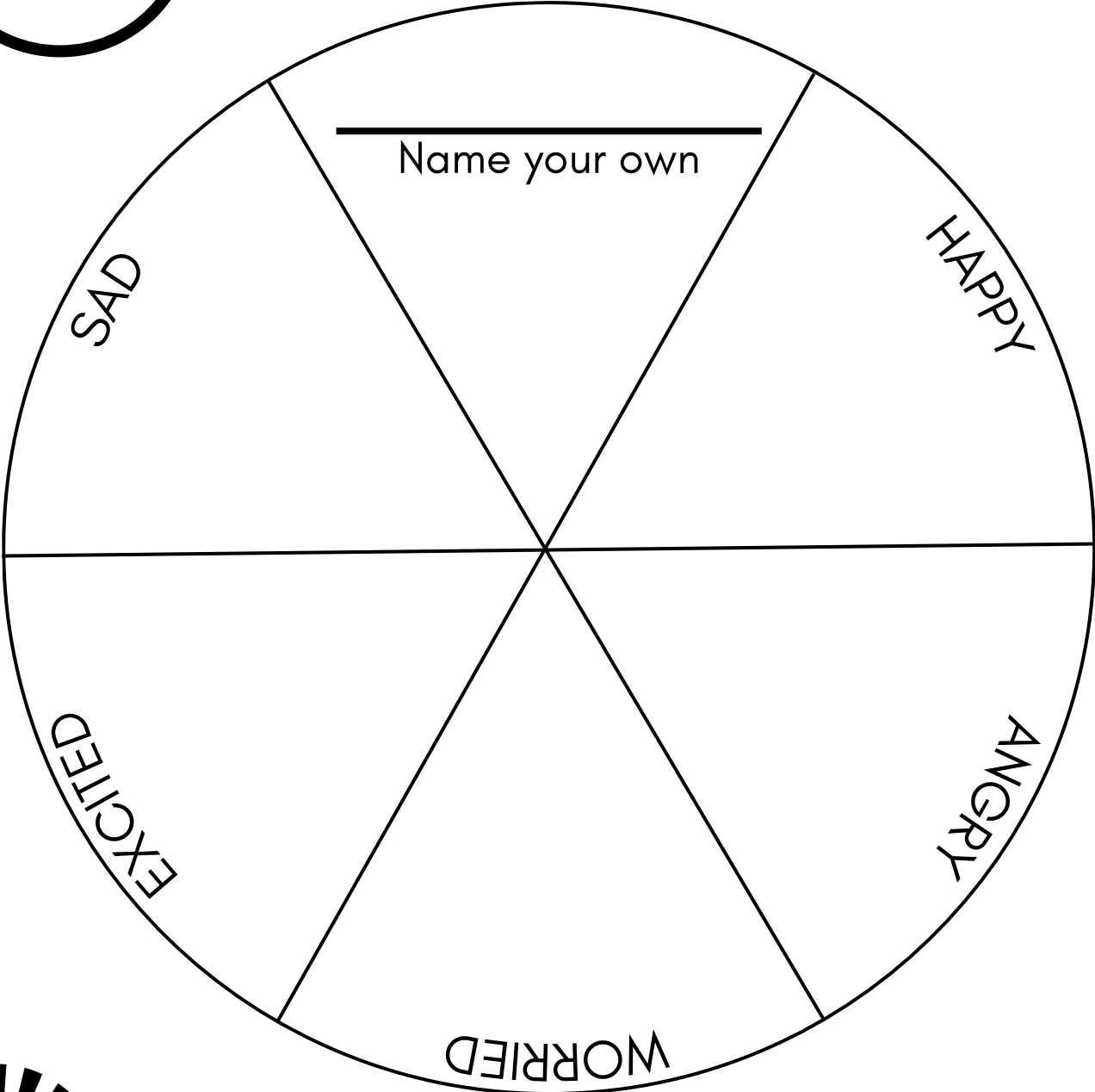
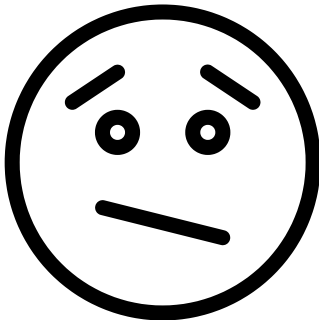
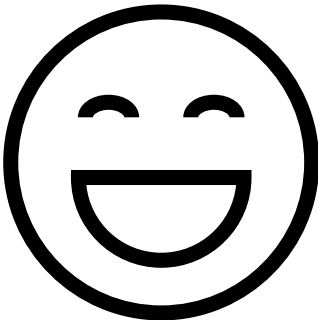


Instructions

- Start by printing pages 2-3 of this document, use cardstock for increased durability.
- Decorate or color the feelings wheel and emotion faces. Be creative, use googly eyes, stickers or whatever else you'd like to decorate your pieces.
- Once everything is decorated, cut out the feelings wheel, emotions and the "Today I feel" wheel on page 3.
- After the pieces are cut out, match the emotion face to the correct spot on the wheel. Glue them down.
- Have an adult help you cut a small hole in the center of each of the wheels. Use a brad fastener to secure them together. Now your feelings wheel will rotate!



Feelings Wheel



Today I Feel Wheel

TODAY I FEEL...

