BOOKS UNBOUND

How are you feeling today?

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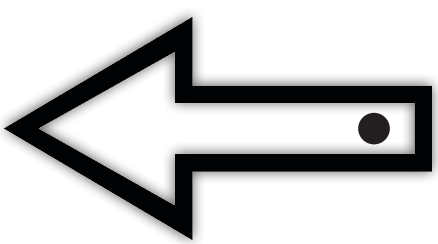

You will need:

- Printed out emotion wheel
- Scissors
- Paper brad / fastener

Instructions:

1. Cut out the circle and arrow.

2. With the tip of the scissors, punch a small hole in the center of the wheel and another one on the arrow, as marked by the black dot. Put the paper brad through the holes and secure it at the back.

3. The word bank is optional. Users can cut out the words and place them on the corresponding cartoons.

Activity Recommendations:

Do It Yourself "Feelings Wheel" - With a blank sheet of paper, ask the students to draw a feelings wheel with their own unique characters.

Act Them Out - Sit in a circle and ask the students to act out the feelings displayed on the wheel. After acting them all out, ask the following questions:

- What are some feelings that are not displayed on the wheel?
- Can you act out those other feelings?

Choose a Color - Think of a color that would represent each feeling. Lightly color in each section with that color. Ask the students:

- Why did you choose this color to represent this feeling?
- Would you choose multiple colors to represent this feeling?
- What is your favorite color? Why is it your favorite?

Similar Feelings - We all express our feelings in different ways. Because of this, we might interpret these cartoons differently. Ask students these questions:

- [Point to a cartoon] What feeling is this?
- Can you think of a similar feeling that represents this cartoon?
- When do you experience these feelings?

Recommended Discussion Questions:

- How are you feeling today? Why?
- What are some emotions you might feel that are on this wheel?

Point to a cartoon on the wheel and ask the following questions:

- What is this feeling?
- How does our body feel when we feel __?
- How does our face look when we feel __?
- Can you share an example of a time that you felt __?
- How would you draw this feeling?
- What is something that makes you feel better or helps when you are feeling this way?