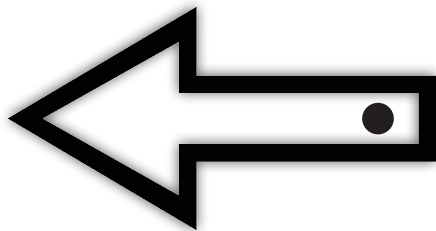
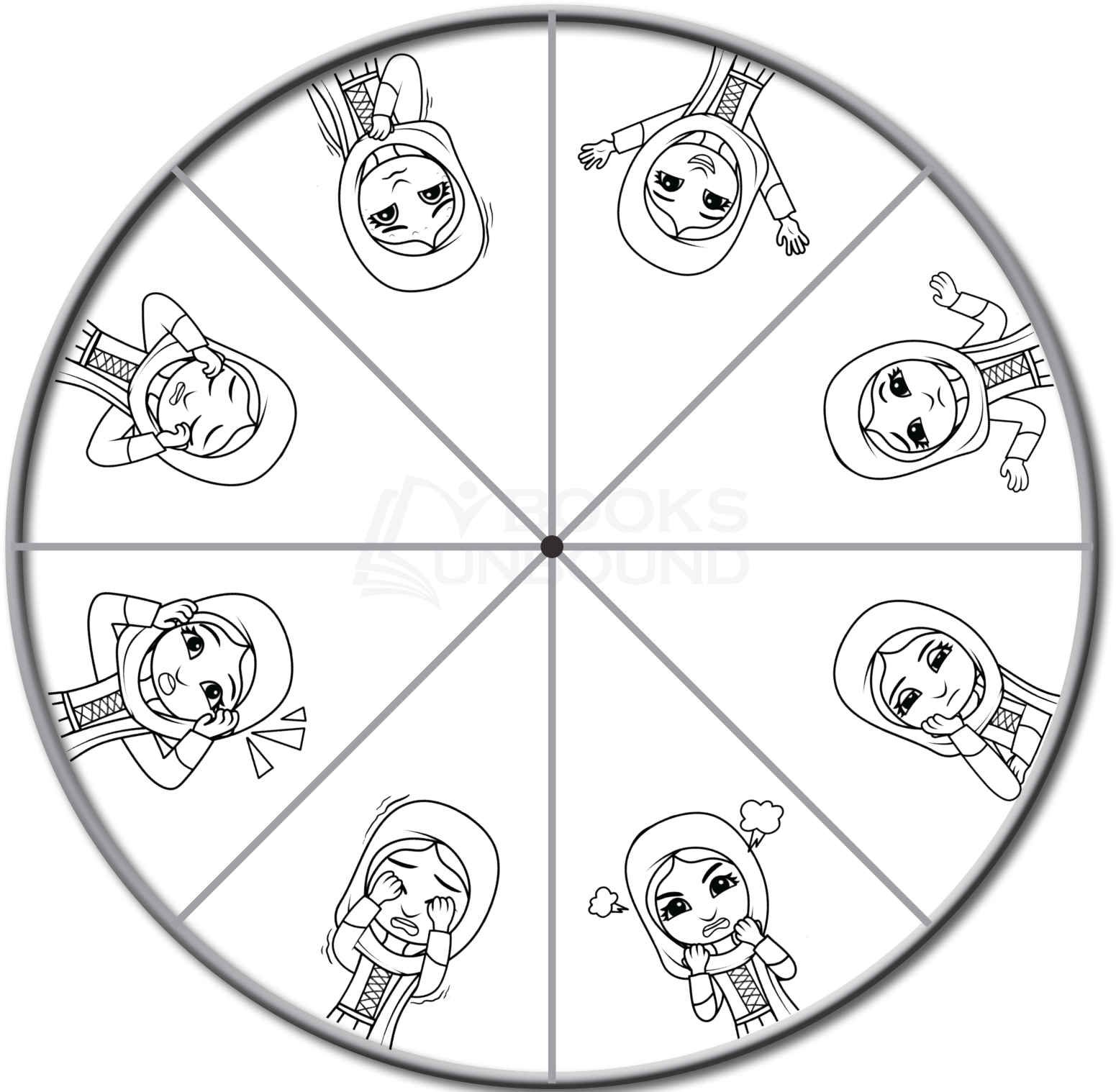


How Are You Feeling Today?



How Are You Feeling Today?



Word Bank

Disclaimer:

This word bank is optional to use. The vocabulary selected are suggested words to represent the cartoons. However, users may interpret these cartoons differently based on their experience and background. There is no right or wrong answer when identifying the feelings portrayed in these cartoons.

happy

bored

surprised

sad

confused

angry

scared

nervous

You will need:

- Printed out emotion wheel
- Scissors
- Paper brad fastener - see example [here](#).

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” - Print a blank version of the wheel and tell the students to draw their own “feelings wheel.” Ask them to share with the group.

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?

Share Your Story - Ask students to share a personal story of when they felt one of these 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 aren't 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?