

Feelings wheel

How to set up

Cut out the circle and the arrow. Glue the circle and the arrow to pieces of cardboard, like from a cereal box. Use a brass fastener or a twist tie to attach the arrow to the center of the circle. If you don't want to use the arrow, kids can point to the emojis.

How to use

Ask kids to turn the arrow or point to an emoji that shows how they're feeling. Then talk about the matching feeling words.

