

It's your birthday party and
your friends come to
celebrate with you.



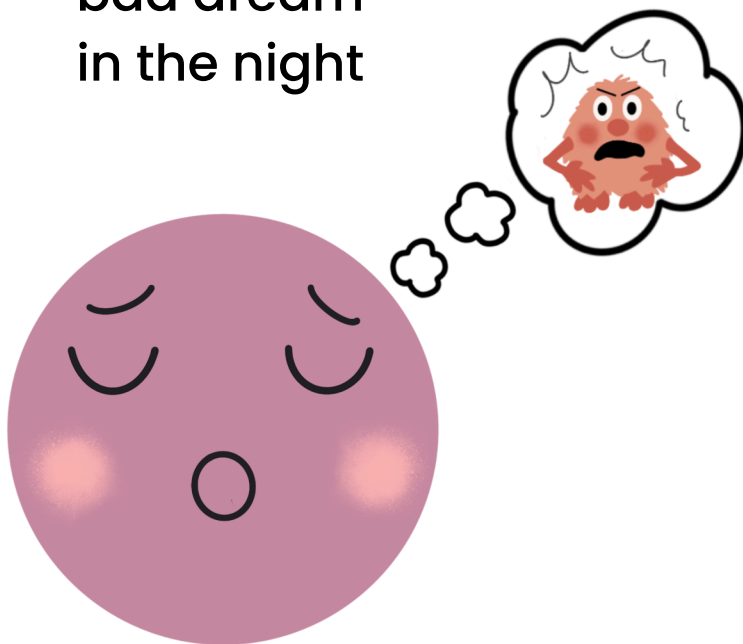
HOW DO YOU FEEL?

You're relaxing and reading
your favourite book.

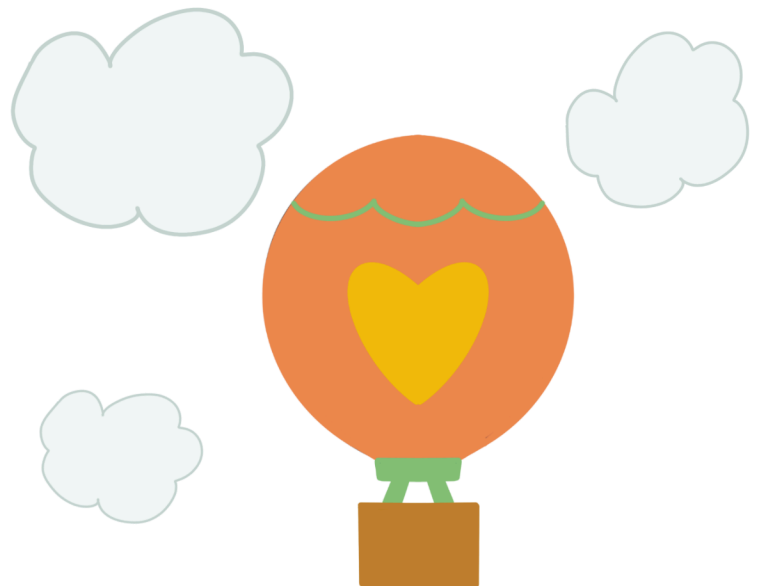


HOW DO YOU FEEL?

You had a
bad dream
in the night



HOW DO YOU FEEL?

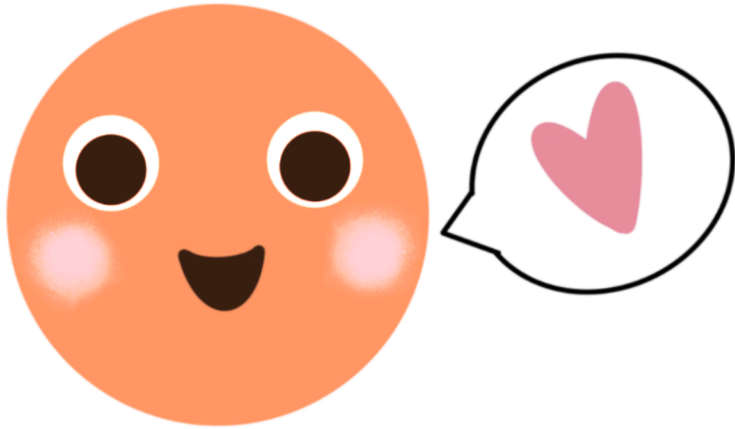


Wow! You just spotted a hot
air balloon in the sky!

HOW DO YOU FEEL?

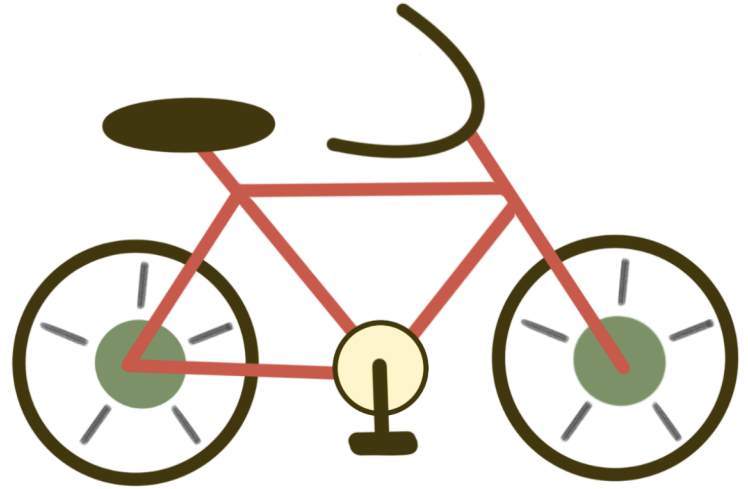
Someone said something
kind to you.

HOW DO YOU FEEL?



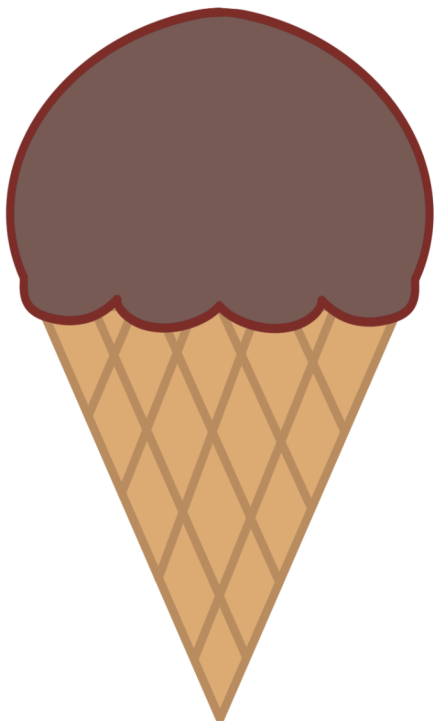
You learned a new skill
like riding a bike.

HOW DO YOU FEEL?



It's a nice day and you are
enjoying ice cream!

HOW DO YOU FEEL?

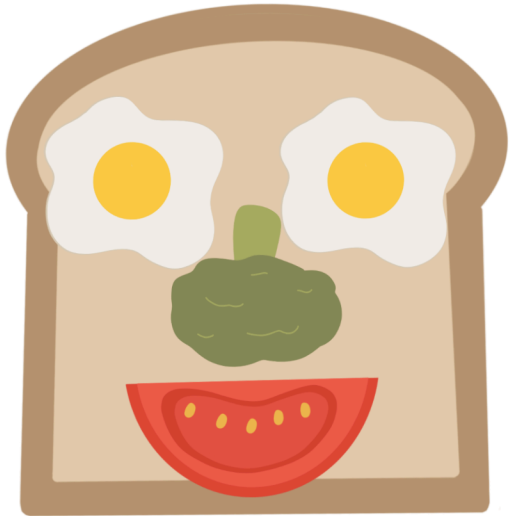


You are making a friend
laugh by dancing like a
monkey.

HOW DO YOU FEEL?

You are making a sandwich and decided to make it with a funny face.

HOW DO YOU FEEL?



Your friend is sad so you decide to cheer her up by drawing her a nice picture. You make her feel better.

HOW DO YOU FEEL?



You are listening to your favourite song.

HOW DO YOU FEEL?



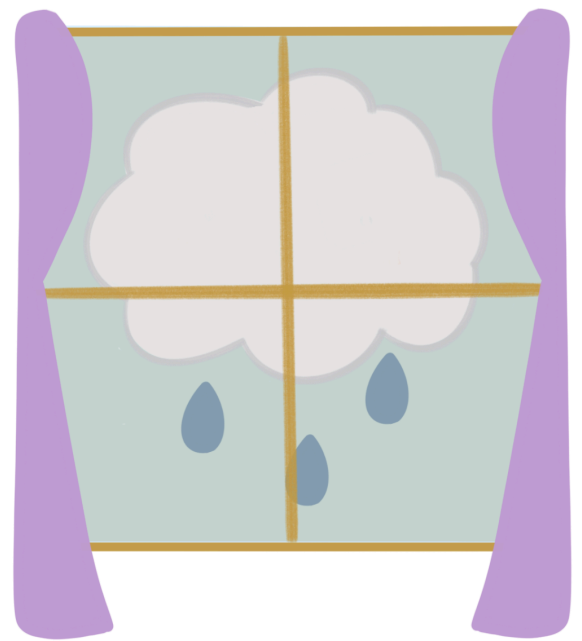
You get home from school to find a new pet has joined the family!

HOW DO YOU FEEL?



You finished a really tough race and tried your very best.

HOW DO YOU FEEL?

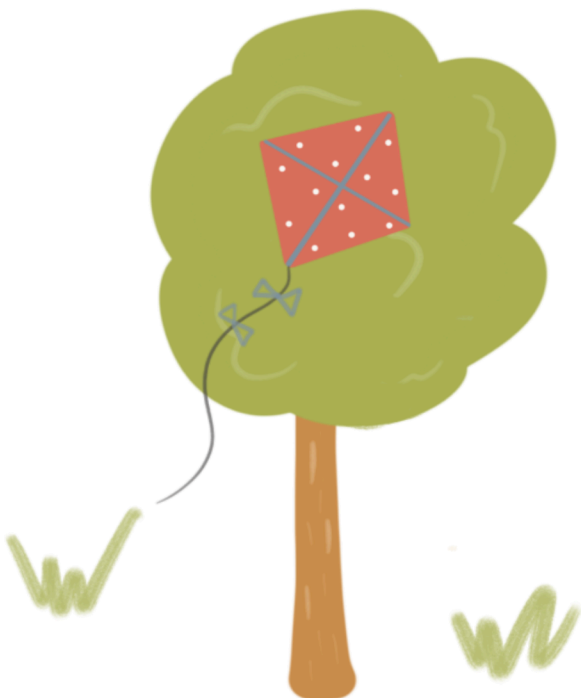


You were so excited to go play soccer but now it's cancelled because of the rain.

HOW DO YOU FEEL?

Your new kite got stuck in the tree.

HOW DO YOU FEEL?



Someone accidentally stepped on the sandcastle that took you so long to build.

HOW DO YOU FEEL?



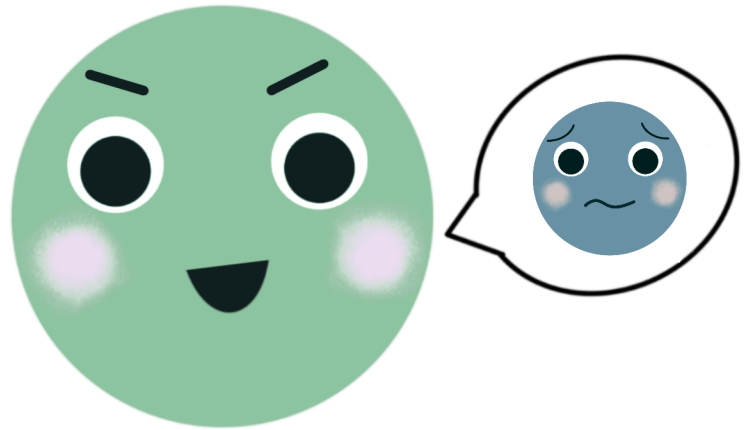
Your little brother
took the last cookie that was
supposed to be for you.

HOW DO YOU FEEL?



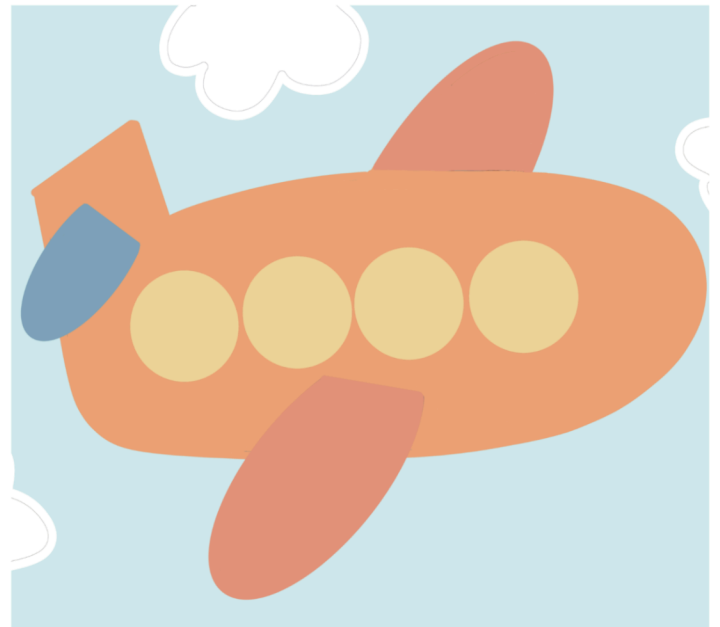
Someone said something
unkind to you.

HOW DO YOU FEEL?



BOOM! There is a big storm
outside with thunder and
lightning.

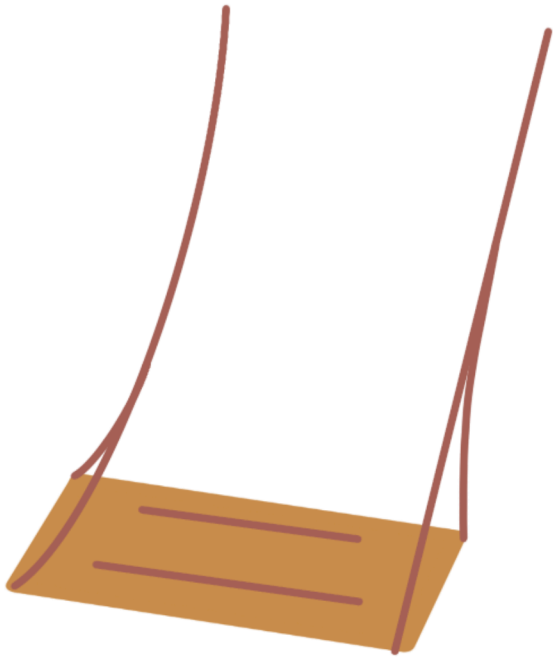
HOW DO YOU FEEL?



You are going on a trip
somewhere special.

HOW DO YOU FEEL?

You are swinging
gently on the swing in
the warm sunshine.



HOW DO YOU FEEL?

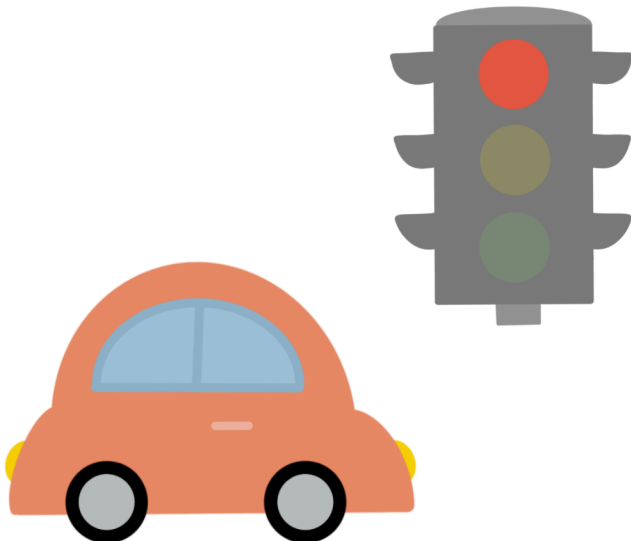
Your friend cheers you on and
gives you a high five.

HOW DO YOU FEEL?



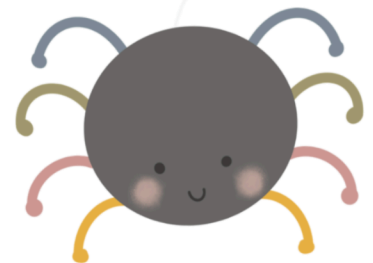
Your mom is stuck in traffic
and is late to pick you up
from school.

HOW DO YOU FEEL?



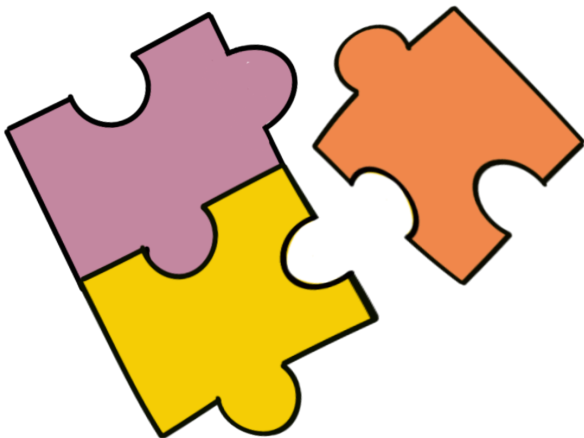
You see a spider right above
your head.

HOW DO YOU FEEL?



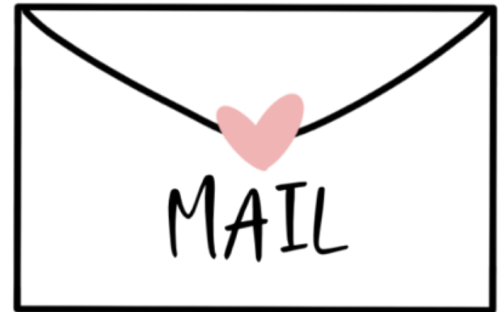
You have one more piece left and then you are finished the puzzle you've been working hard on.

HOW DO YOU FEEL?



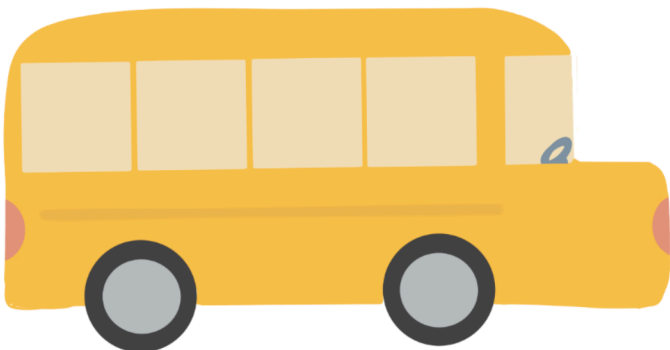
You go to the mailbox and there is a special letter just for you from your best friend!

HOW DO YOU FEEL?



It's your first day riding on the school bus all by yourself

HOW DO YOU FEEL?

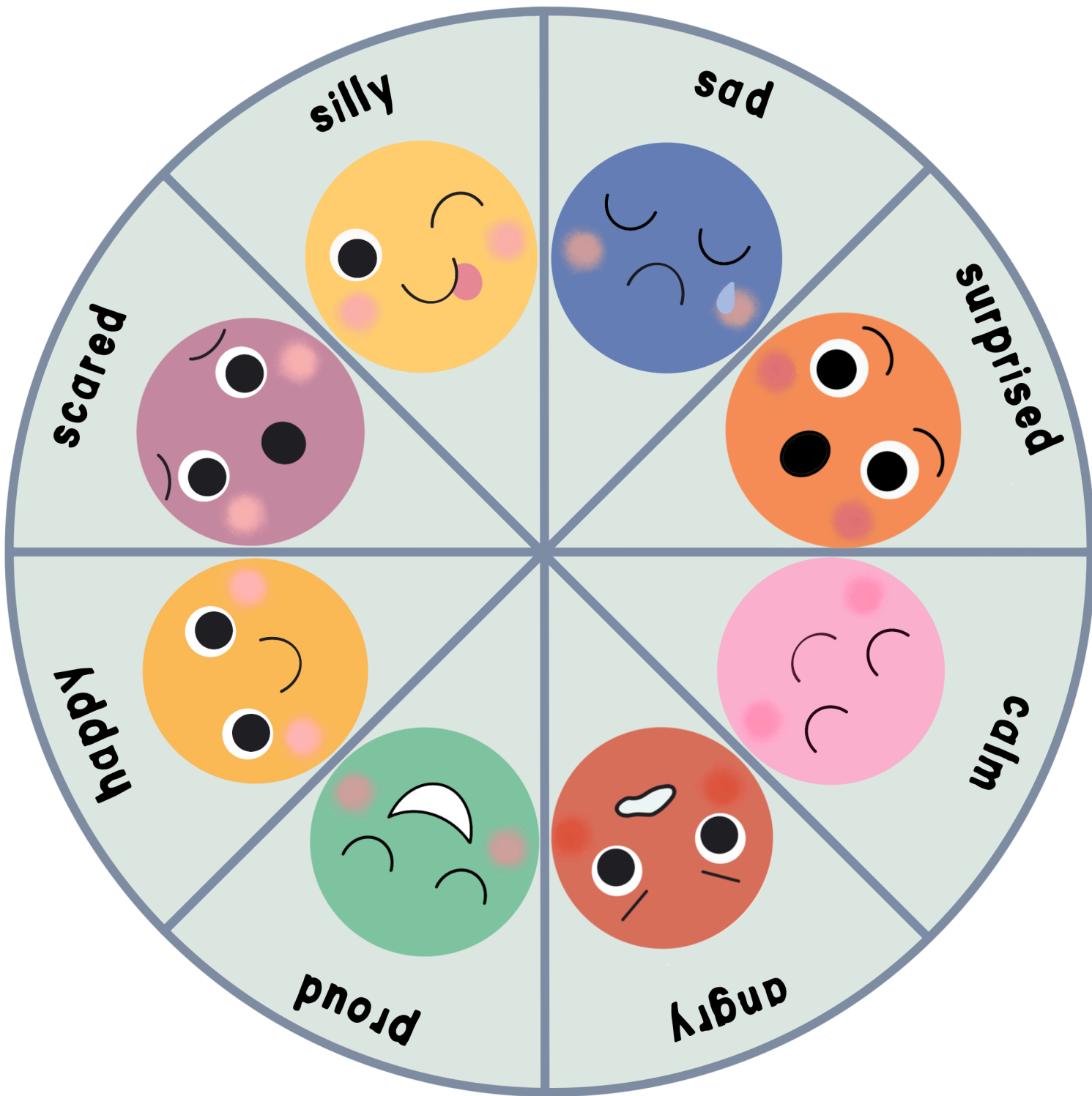


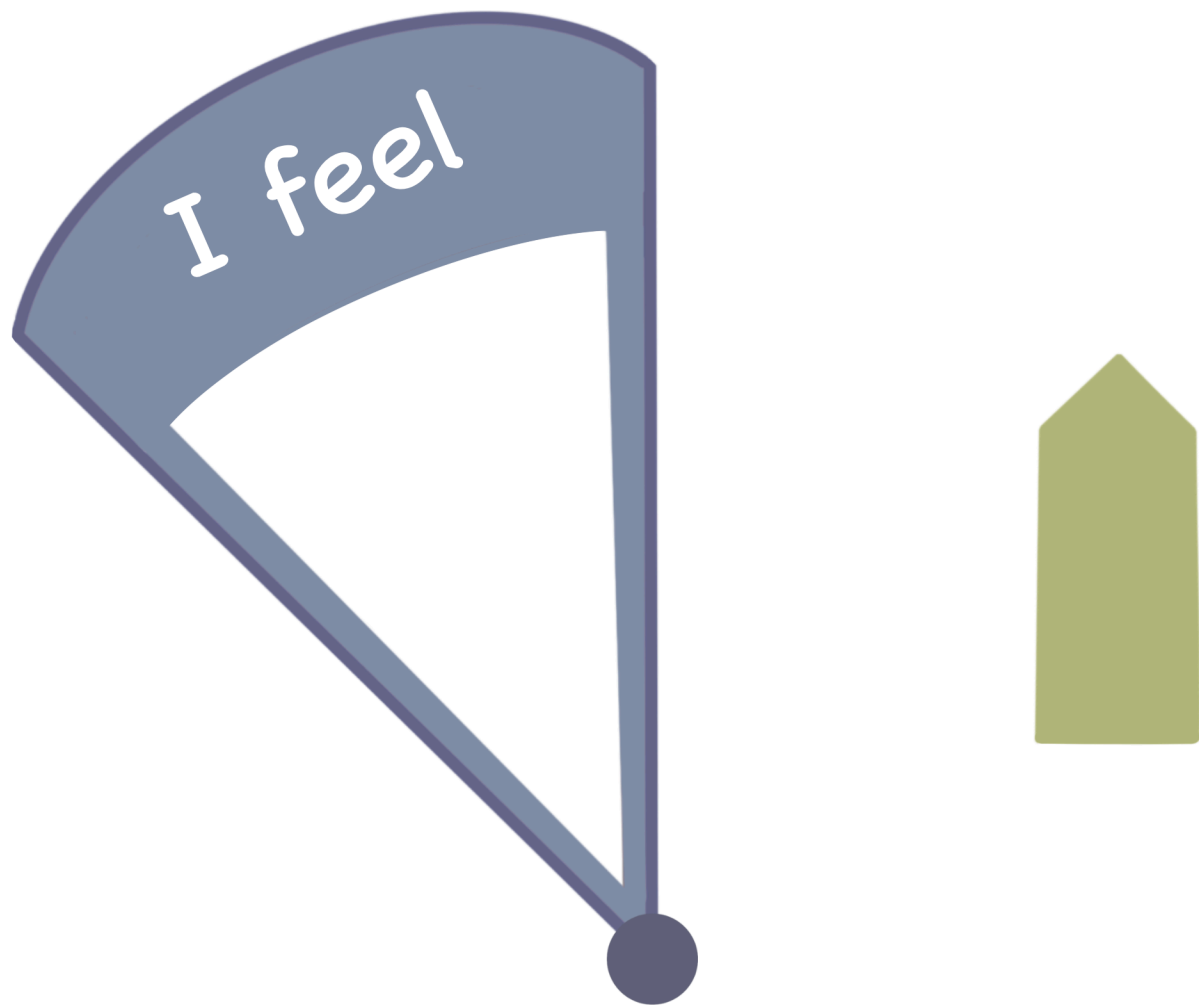
It's time to clean up the toys and no one is helping you.

HOW DO YOU FEEL?



I feel





Cut out the emotion wheel and the “I feel” blue spinner. Cut out the white middle of the spinner. Secure spinner to the middle of the emotion wheel, placing a brass fastener through the small blue circle.

Alternately, leave the wheel as is and use a brass fastener to secure the green arrow to the middle.

Version 2: to cut out and
assemble

