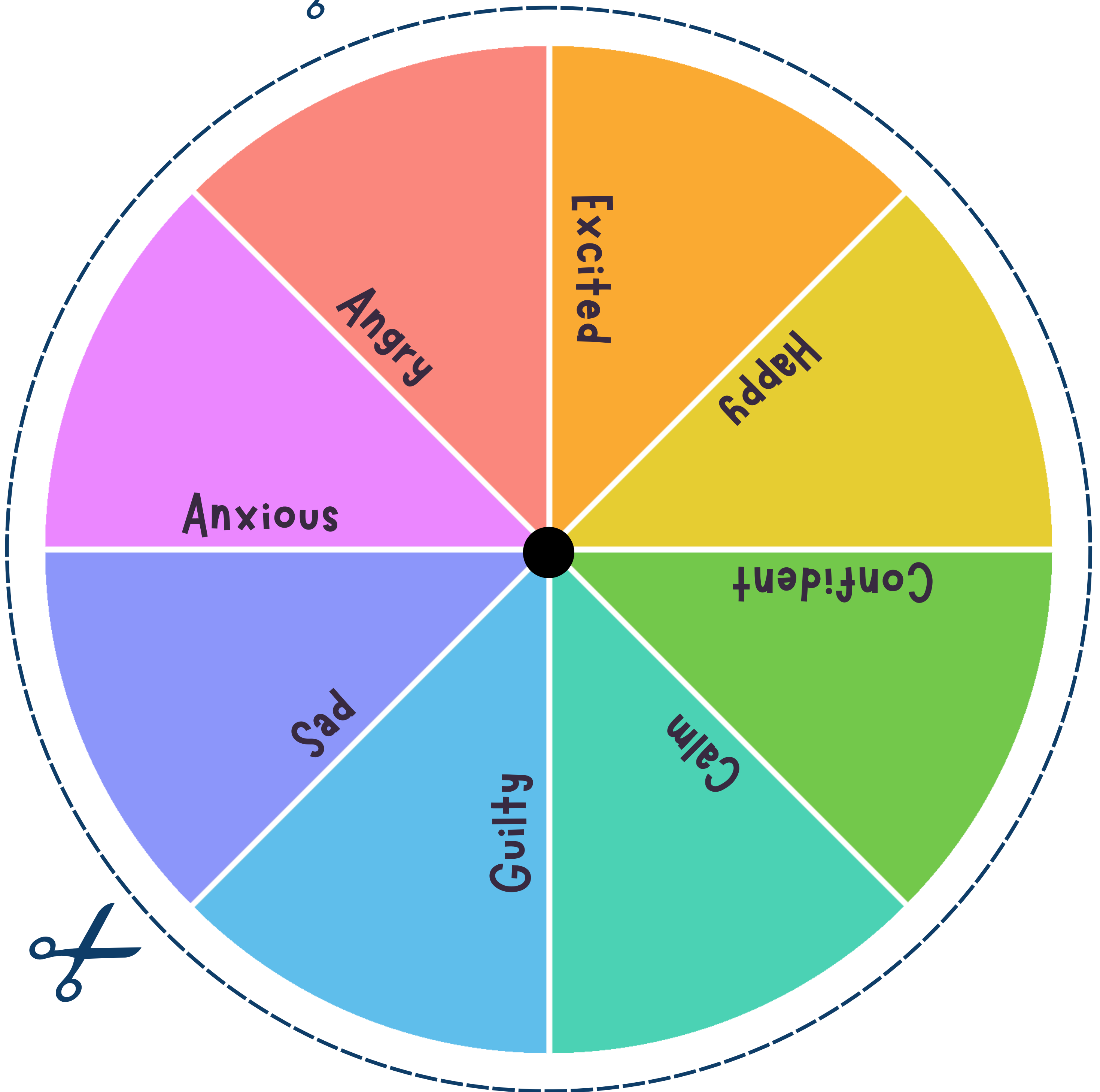


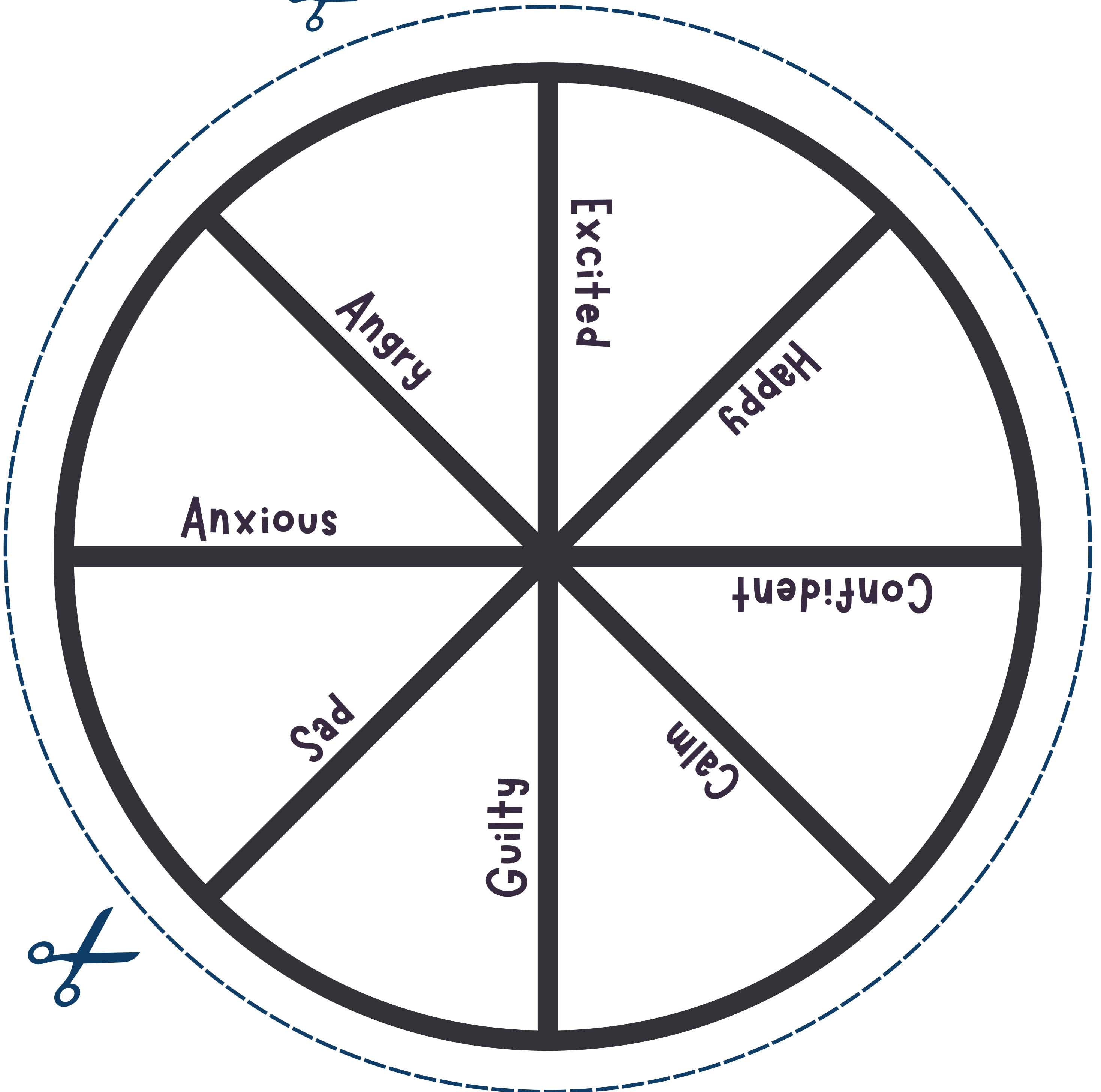
Emotions Wheel

Use this great tool to help your child identify talk about emotions. Ask simple questions like:
How are you feeling right now? Where do you feel that in your body? What do you notice about your thoughts while you are feeling this way?



Emotions Wheel

Use this great tool to help your child identify talk about emotions. Let your child choose colours to represent each emotion. Ask simple questions like:
How are you feeling right now? Where do you feel that in your body? What do you notice about your thoughts while you are feeling this way?



Emotions Wheel

Use this great tool to help your child identify talk about emotions. Let your child name emotions to include on the wheel and choose colours to represent each emotion. Ask simple questions like: How are you feeling right now? Where do you feel that in your body? What do you notice about your thoughts while you are feeling this way?

