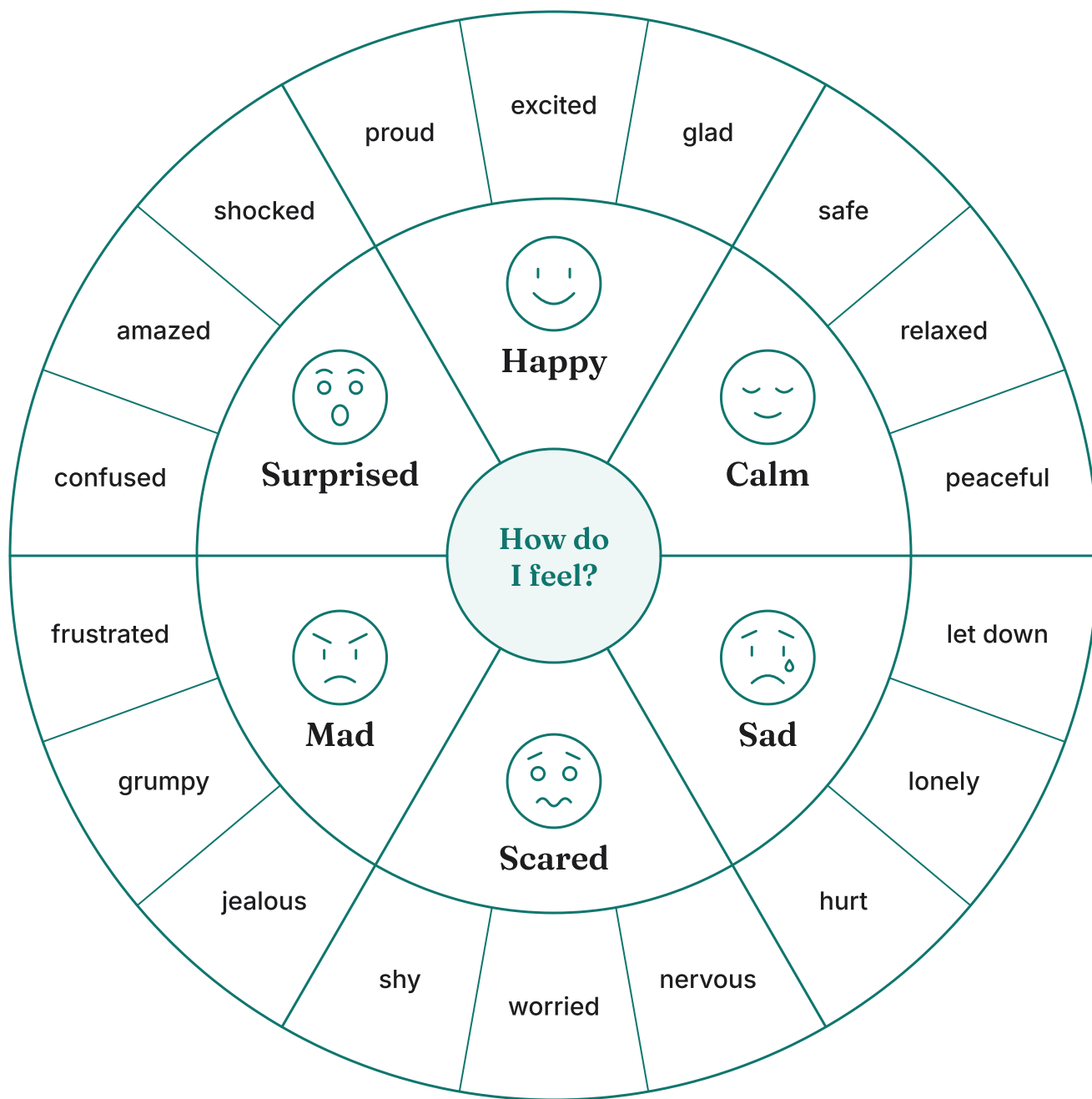


Feelings Wheel for Kids

Name _____

Point to a face, then find the word that fits best.

Date _____



I feel _____ because _____.

WHAT HELPS



Deep breaths



A hug



Quiet time