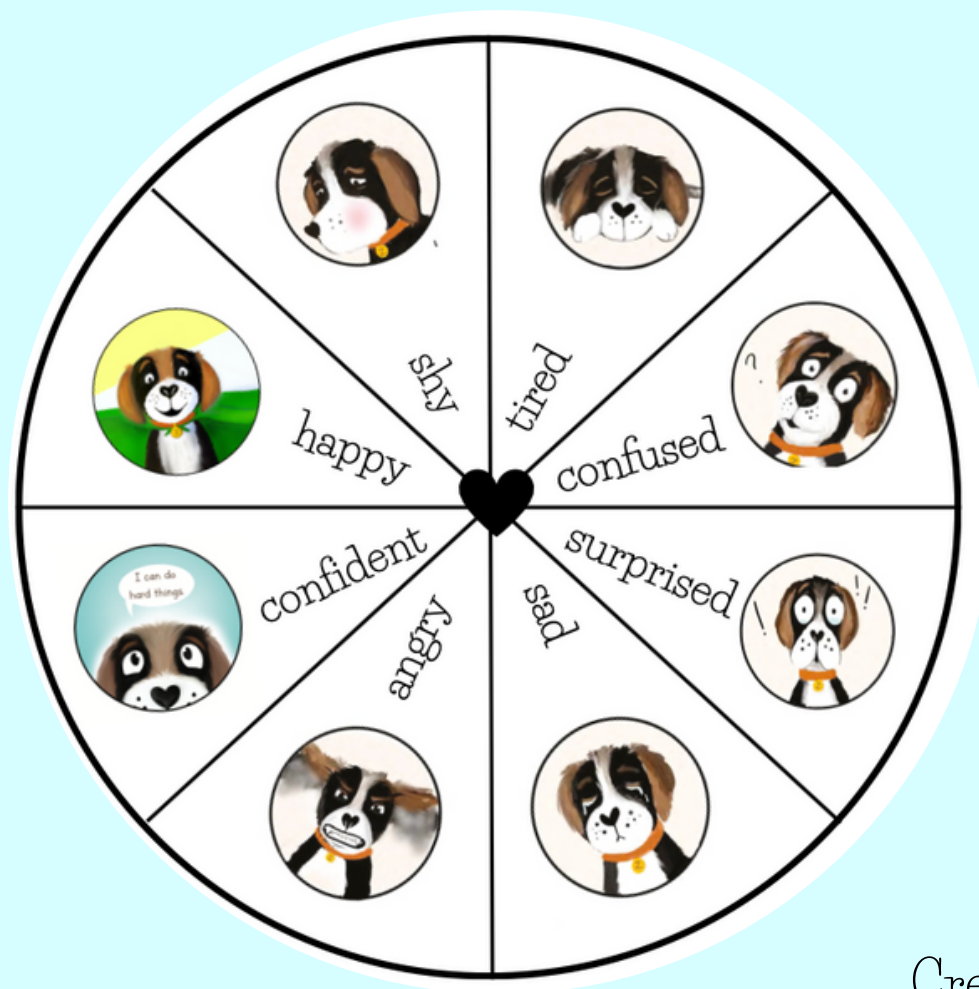


WONDER PUP EMOTION

Wheel ↘



WONDER PUP EMOTION WHEEL

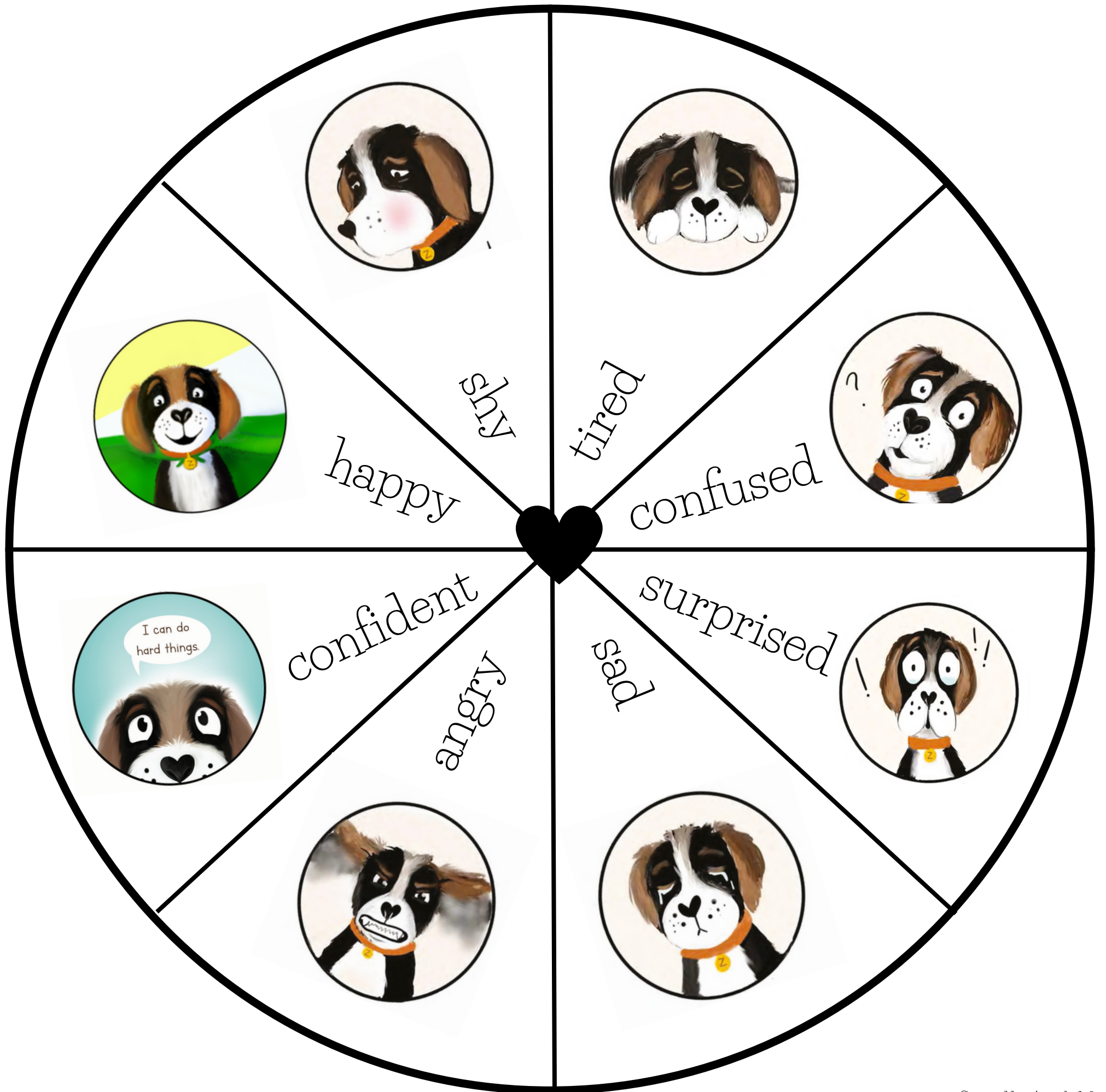
INSTRUCTIONS

THERE ARE MANY WAYS TO USE THESE EMOTION WHEELS.
THE MOST IMPORTANT THING IS THAT YOU **HAVE FUN!**

- 1 Wonder Pup Emotion Wheel:**
Put a spinner in the middle of your wheel.
Flick the spinner and see where it lands.
 - 😊 Share a story about one time when you felt that emotion
 - 😊 Share how that emotion might feel inside your body
 - 😊 Act out the emotion and have your partner guess

- 2 Create your own Emotion Wheel:**
Think of 8 different emotions.
Draw pictures, or take pictures of yourself and put them in the circles.
Extension: colour each pie piece to match the zone of the emotion.
Write the name of the emotions.
 - 😊 Play a game with your wheel!

- 3 Create your own Zones Wheel:**
Colour in the 4 sections; blue, green, yellow and red. Add your spinner.
 - 😊 Wherever your spinner lands, think of an emotion that fits in that zone. Draw/write it in and act it out. Spin again!



happy



shy



tired



confused



confident



angry



sad



surprised

