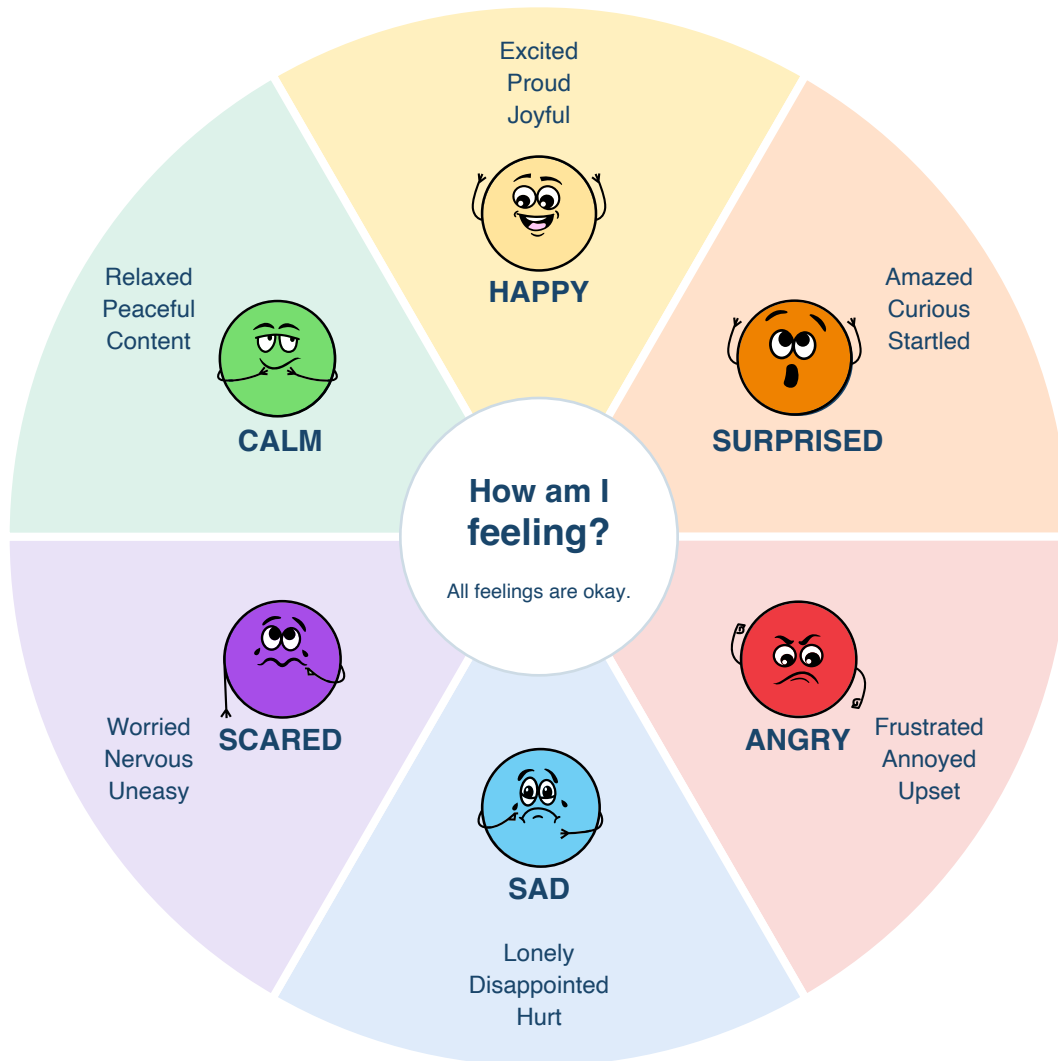




My Feelings Wheel

Point to a face or choose a word that fits how you feel.

You can feel more than one feeling. It is okay to say, "I am not sure yet."



My check-in

I feel...

In my body, I notice...

What might help me?

For grown-ups

Ask, "Does one of these words fit?" Let your child choose or use a different word. If choosing feels hard, stay close and offer comfort. You can try the wheel later.