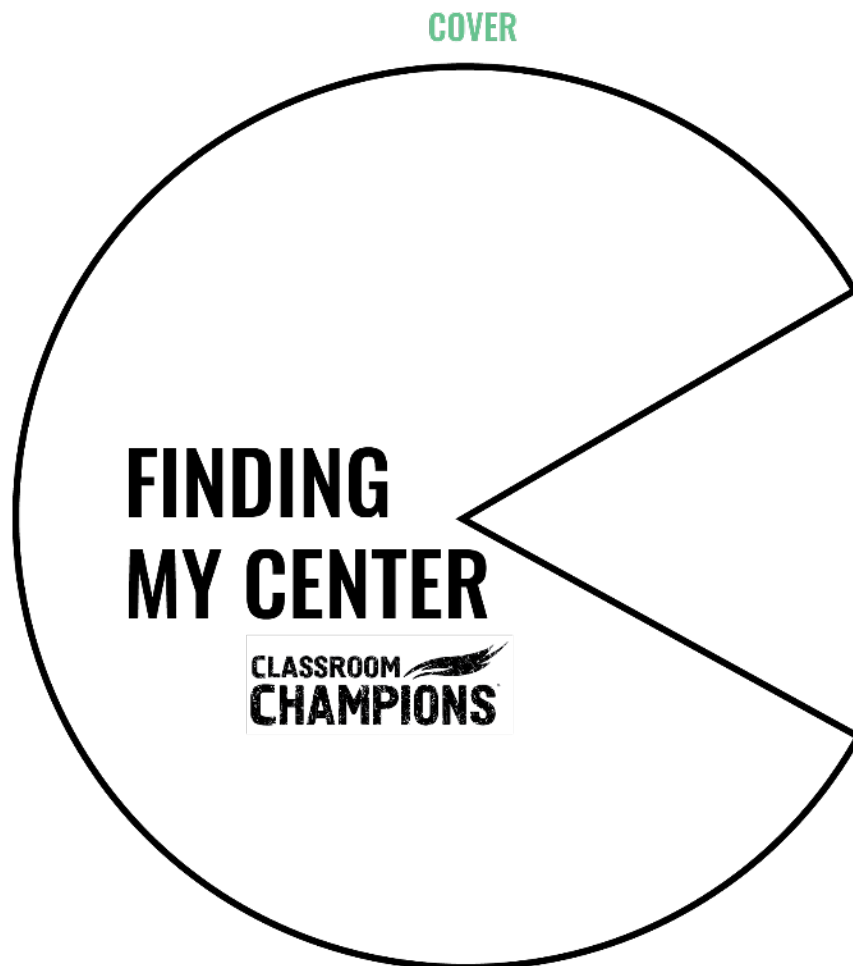


Finding My Center

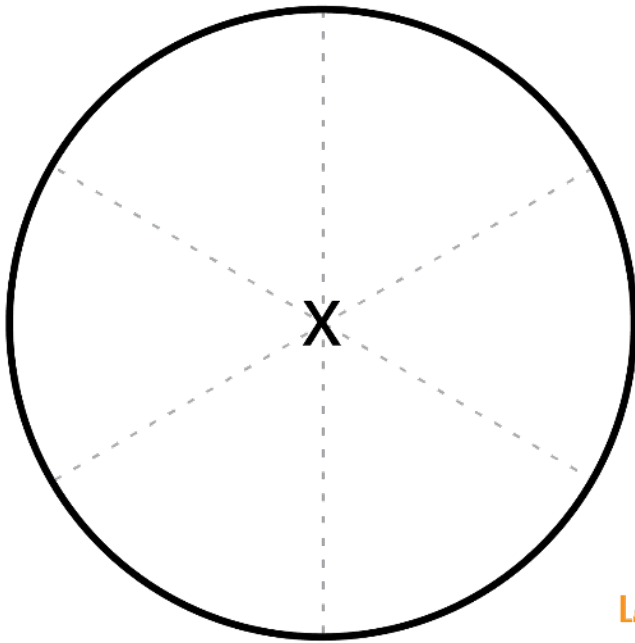
Create a personalized emotions wheel chock full of strategies to help you manage some challenging feelings

DIRECTIONS:

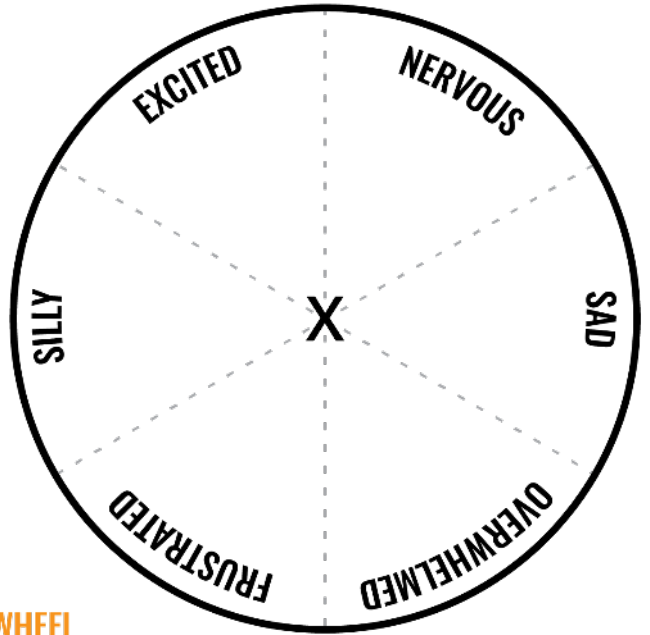
1. Draw faces to accompany the emotions listed on the **SMALL WHEEL**. For an added challenge, you could use the blank **BLANK SMALL WHEEL** to list your choice of six challenging emotions.
2. Brainstorm six strategies to help you manage such challenging emotions in each section of the **LARGE WHEEL**, for example: Count backwards from 10.
3. Cut out the **SMALL WHEEL** and the **LARGE WHEEL**.
4. Cut along the black line for the **COVER**, which includes a cut-out portion.
5. Use a brass brad to connect the center of the **COVER** (1) to the **SMALL WHEEL's** (2) to the **LARGE WHEEL's** (3).
6. Now, anytime you feel a challenging emotion, you can use this tool to identify your feelings and choose a strategy to help you find your center!



BLANK SMALL WHEEL



SMALL WHEEL



LARGE WHEEL

