



Make your own Emotion Wheel

Children's
Mental
Health
Week

You will need:

- Our template (on pg.3)
- Card
- Glue
- Safety scissors
- Paper fastener or paper clip
- Pencils and crayons



Sometimes we feel happy and sometimes things happen that don't make us feel happy at all. As well as feeling happy or excited, we can feel angry, scared or under the blankety. Spin the wheel and talk about how Bing and his friends are feeling. Have you ever felt like that?

!
Please
keep scissors
away from
children





Instructions for Grown-ups

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Step 1:

Carefully cut out the template following the dotted lines

Step 2:

place the wheel on a piece of card, draw around it and cut out the shape

Step 4:

Now cut out the arrow and place on another piece of card

Step 3:

Stick the circle shape to the paper wheel to make it more sturdy

Step 5:

Draw around your arrow and repeat step 2

Step 6:

Carefully pierce a hole through the middle of the wheel and at the bottom of the arrow

Step 8:

Now spin the wheel and talk about how Bing and his friends are feeling

Step 7:

Attach the arrow to your emotions wheel with a paper fastener or unbended paper clip. Make sure the arrow can spin freely



Template



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