

Activity:

FEELING WHEEL*

Purpose: To understand the basic feelings of happy, mad, sad, afraid, shy, and proud and to find helpful strategies for dealing with the feeling

Materials: Copy the Feeling Wheel Sheets (pages 72 and 73), fastening brad, scissors, and crayons

Procedure: Share the feeling faces on the first wheel. Allow time to discuss, giving examples of a time the child may have felt that way. Point out that all feelings are okay and normal to have but that we have to learn to manage our unpleasant feelings in an okay way.

Give an example of a helpful and unhelpful way to manage our feelings. Then brainstorm together the strategies to help manage our feelings in helpful ways. Next, show the "what to do" wheel and discuss the strategies shown for appropriate ways to handle unpleasant feelings.

Assist the child in assembling their Feeling Wheel – add color to the pictures if time allows. Demonstrate how it works (see directions "For Use" on the Feeling Wheel sheet). Share some of the following situations asking the child to turn their arrow pointing to how they might feel in the situation and then turning the wheel to choose a helpful way to manage the feeling. Allow time to share and discuss. Feeling situations are:

- How would you feel if someone teases you?
- How would you feel if you were the new person in the classroom?
- How would you feel if you studied hard for a test and made an "A"?
- How would you feel if your pet ran away?
- How would you feel if you were pushed out of line?

You may choose to involve the parents by sending the note on the following page.

*adapted with permission from Senn (2004). *Small Group Counseling for Children Grades K-2*. Chapin, SC: YouthLight, Inc.
www.youthlightbooks.com

Handout:

FEELING WHEEL- Parent Note

Dear Parent,

Today when I talked with your child in our counseling session we focused on the feelings of happy, sad, mad, scared, proud, and shy. We emphasized that ALL feelings are okay and normal however we need to find good ways to handle and be in control of our feelings.

Your child completed a feeling wheel that provides a system to identify the feeling in the situation and then make choices about what to do to handle the feeling appropriately. Spend time role-playing and practicing with your child how to use the wheel and then direct your child to use the wheel to help in real life situations. To use the Feeling Wheel when a situation arises: First help your child decide what he/she may be feeling. Instruct your child to turn the arrow to that feeling face. Next, look at the smaller inside wheel and together decide which strategy may be a helpful way to handle the feeling. Turn the "What to do" strategy to the feeling to line up the feeling, arrow, and strategy. Encourage your child to follow through with the chosen strategy, sharing compliments and encouragements.

Thank you for your help in working together for the success of the child.

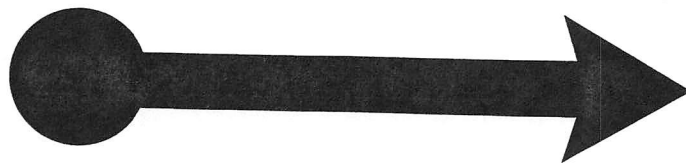
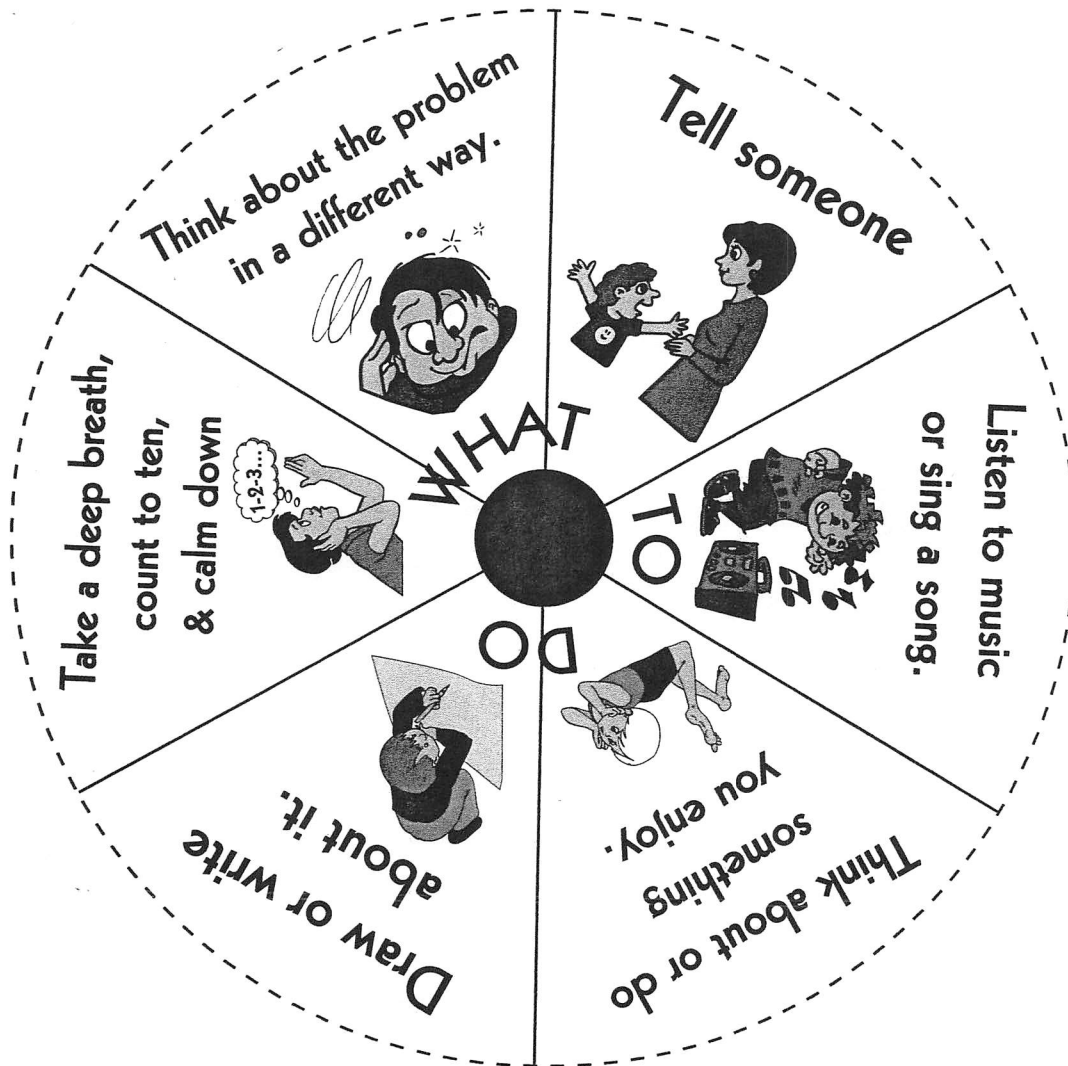
Sincerely,

Your School Counselor

Handout:

FEELING WHEEL

Directions: When there is a situation, decide what you are feeling and turn the arrow to the feeling face. Next, look at the smaller inner circle and decide which may be a helpful way to handle the feeling. Then, turn the "What To Do" strategy to the feeling to line up the feeling, arrow, and strategy.



Handout:

FEELING WHEEL

Directions: Copy and cut out the two circles and the arrow on pages 72-73. Then assemble with the larger circle on the bottom, the smaller circle next, and the arrow on top. Insert a brad through the centers to hold the circles and arrow together.

