



“Your mind is a garden, your thoughts are the seed....you can grow flowers, or you can grow weeds.”

Anonymous

Resource

Mindfulness & Wellbeing

Managing My Emotions

You will need:

- Template (see following pages)
- Printer
- Heavyweight paper/ thin card
- Scissors
- Split pins
- Pencil/pen
- Colouring pencils/
- Felt tips/colouring pens

Age 5-7:

Use the pre-filled template and draw some faces to show the different emotions.

Age 7-11:

Choose between the pre-filled or blank templates.

Age 11+:

Use the blank templates and add your own emotions and coping strategies.

To Make Your Emotions Wheel:

1. Print your chosen templates on to heavy weight paper or thin card.
2. Cut out and add your own illustrations. If using the blank templates add your own emotions and coping strategies.
3. Place the feelings wheel on top of the coping strategies and then the ‘cover’. Attach the three together in the centre using a split pin. This will allow the wheels to turn.

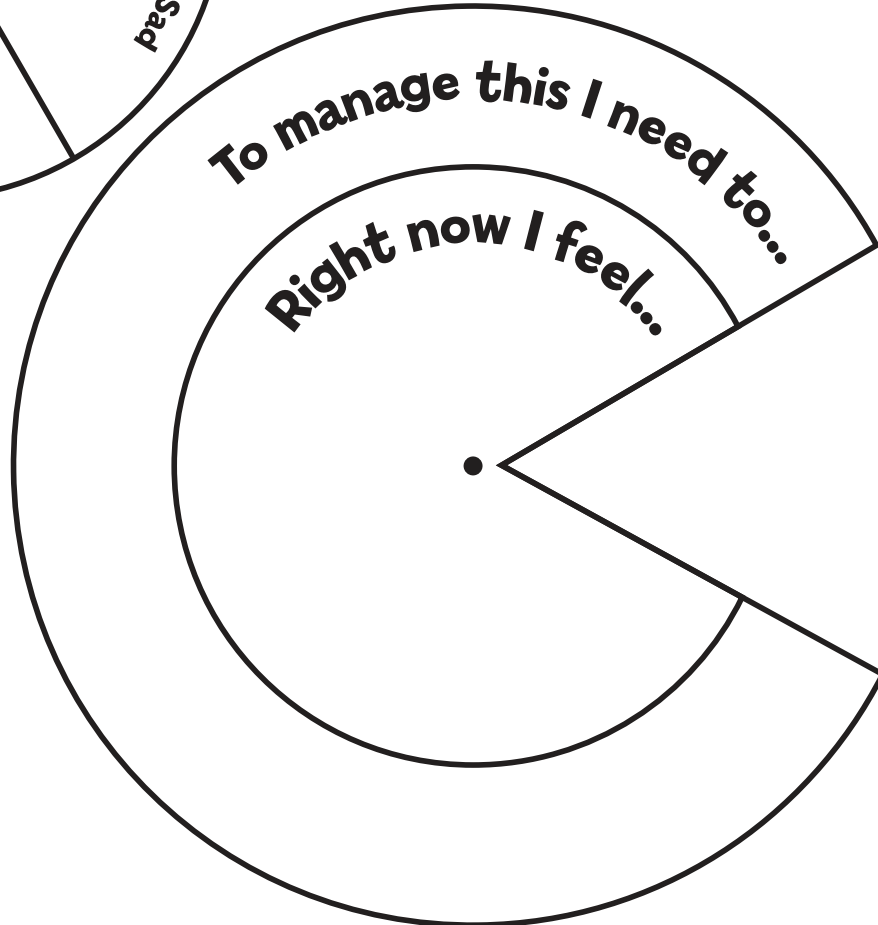
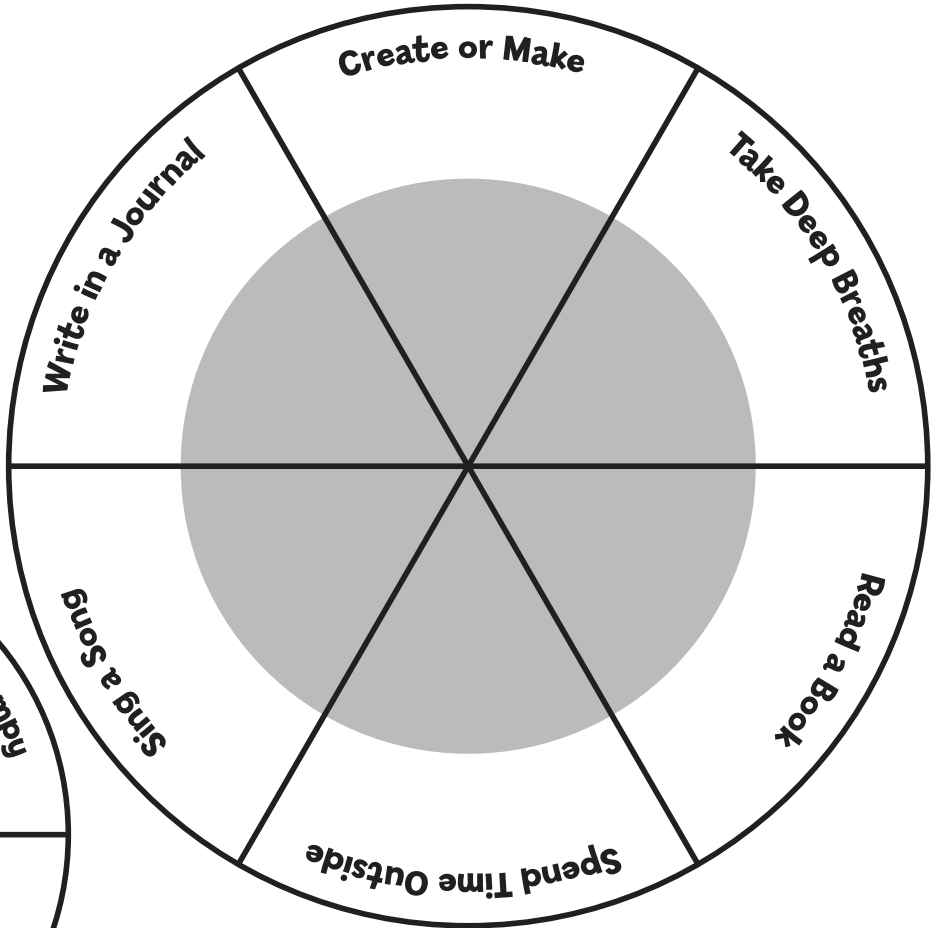
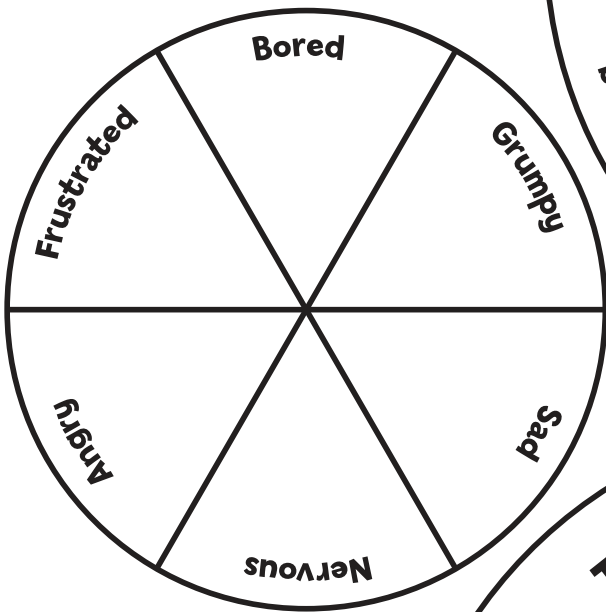
Using Your Emotions Wheel:

- Discuss together the different feelings and coping strategies, either with friends or family whilst colouring and drawing.
- When you start to feel sad/angry/mixed emotions, turn your wheels and remind yourself of the different strategies you have in your armoury to deal with those feelings. Remember, it’s important to voice how we feel.

Templates

My Emotions Wheel

Suggested for ages 5 - 7

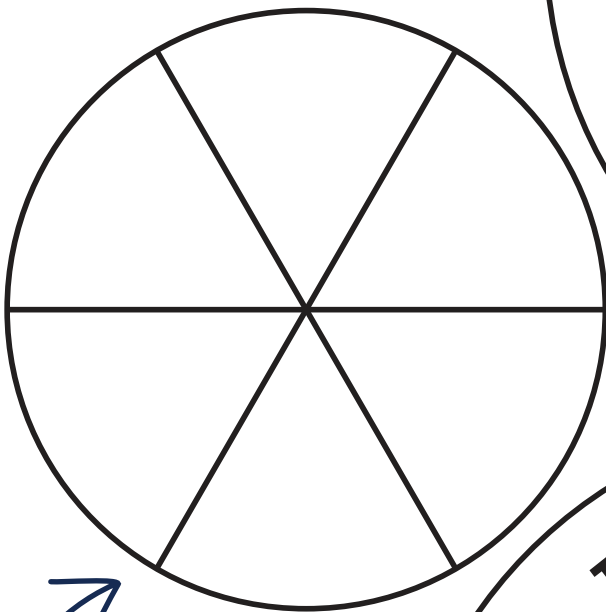
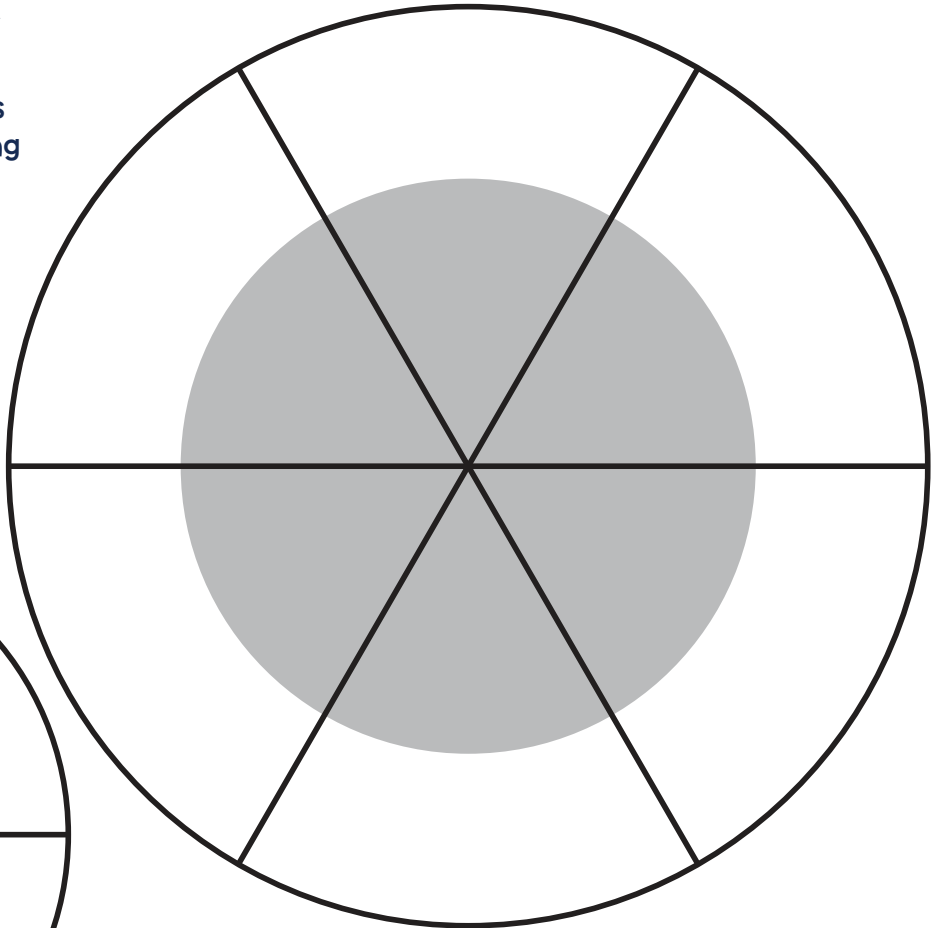


Templates

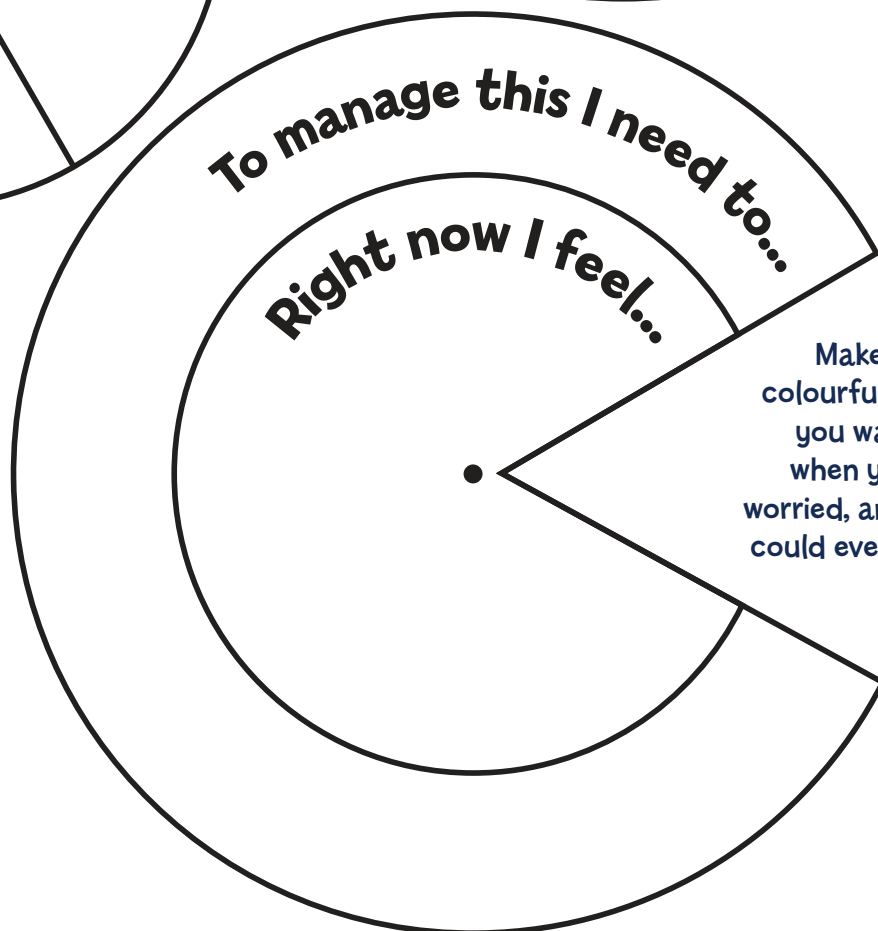
Suggested for ages 7 - 11+

My Emotions Wheel

Add your coping strategies to the edge of this wheel (avoid the grey area as this will be covered by your emotions). Coping strategies are unique to us and can be anything that makes you feel happy or allows your mind some space to think of happier thoughts.



Add your emotions to this wheel, these can be any emotions you choose. Maybe you want to explore different ways to cope with feeling worried, sad or angry?



Make this bright and colourful and something you want to reach for when you start to feel worried, angry or sad. You could even add a positive quote!