

SEL Wheel Activity

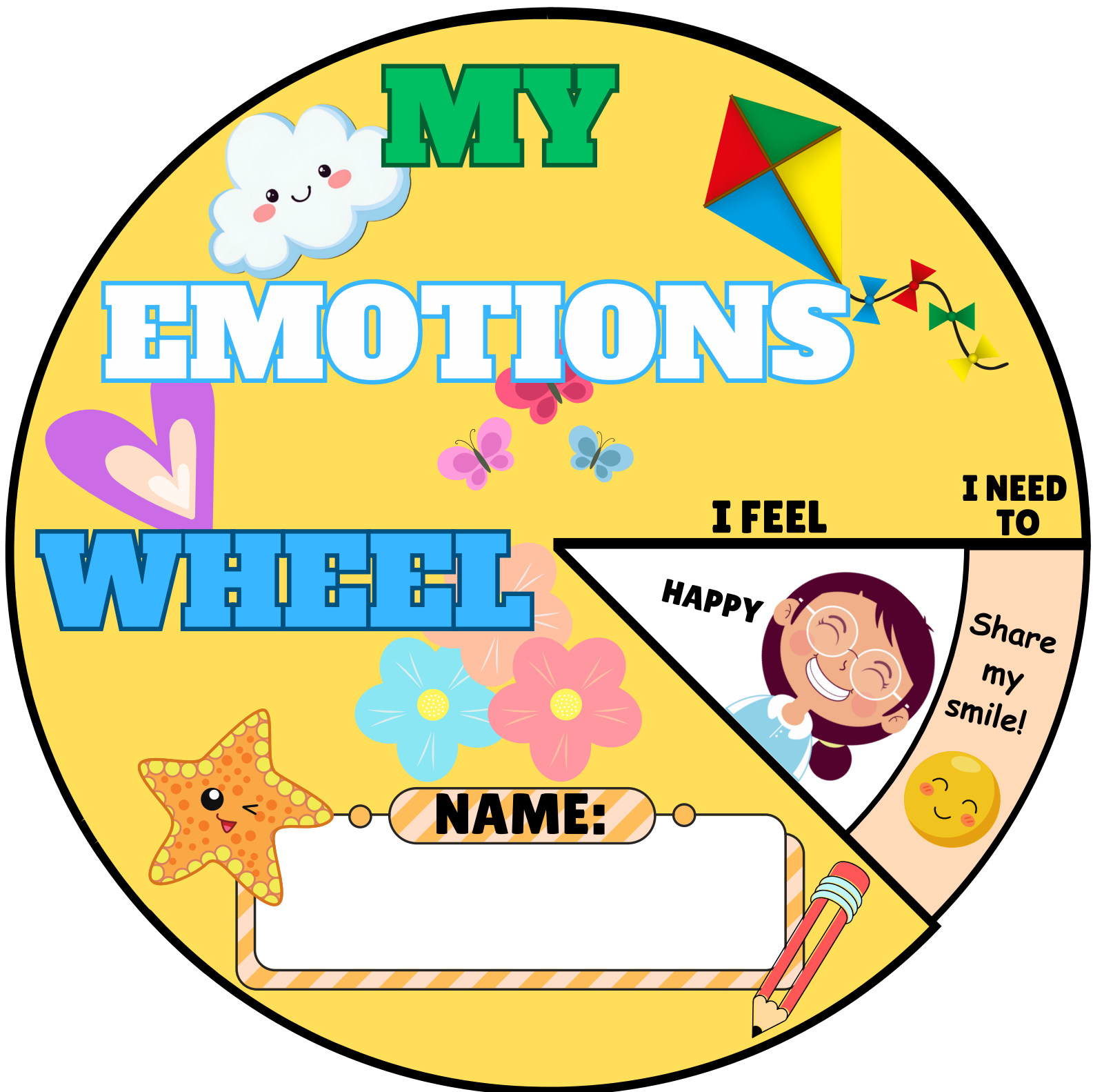
Materials:

- Printable SEL Wheel Template.
- Scissors
- Split Pin

Instructions:

- Print out the wheel templates.
- Cut out all wheel templates around the black outer border.
- Place one top wheel, one inner wheel, and one outer wheel on top of each other.
- Place them on top of a piece of cardboard then push a writing pen through the center of all three to make a hole.
- Stick a split pin through the hole and fasten it loose enough so that you can spin the inner and outer wheel sections.
- Practice using your SEL Wheel Activity!

This is what it should look like once it is put together.



My Emotions Wheel (TOP)



My Emotions Wheel (TOP)

MY

EMOTIONS

WHEEL

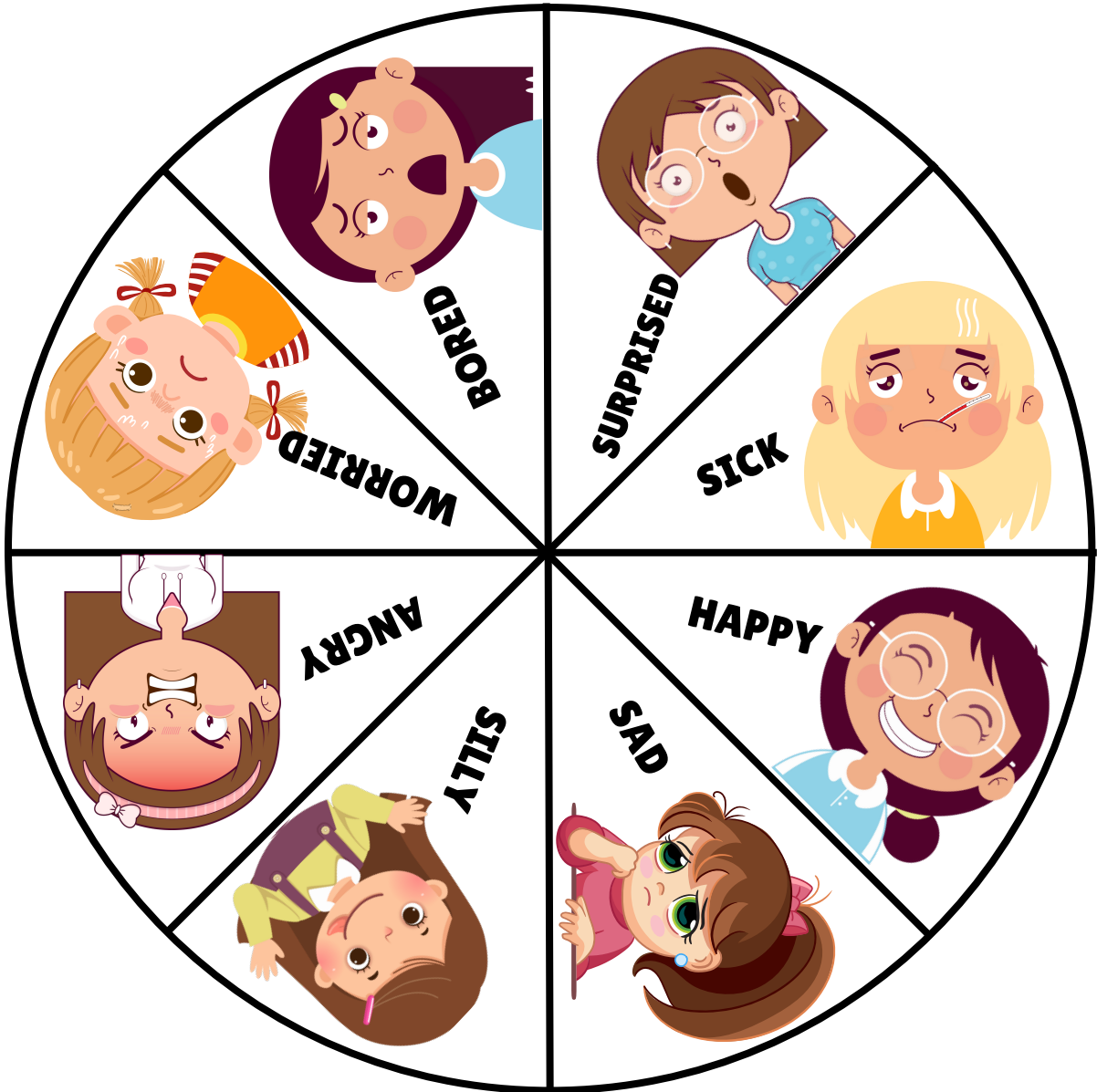
I FEEL

I NEED
TO

NAME:

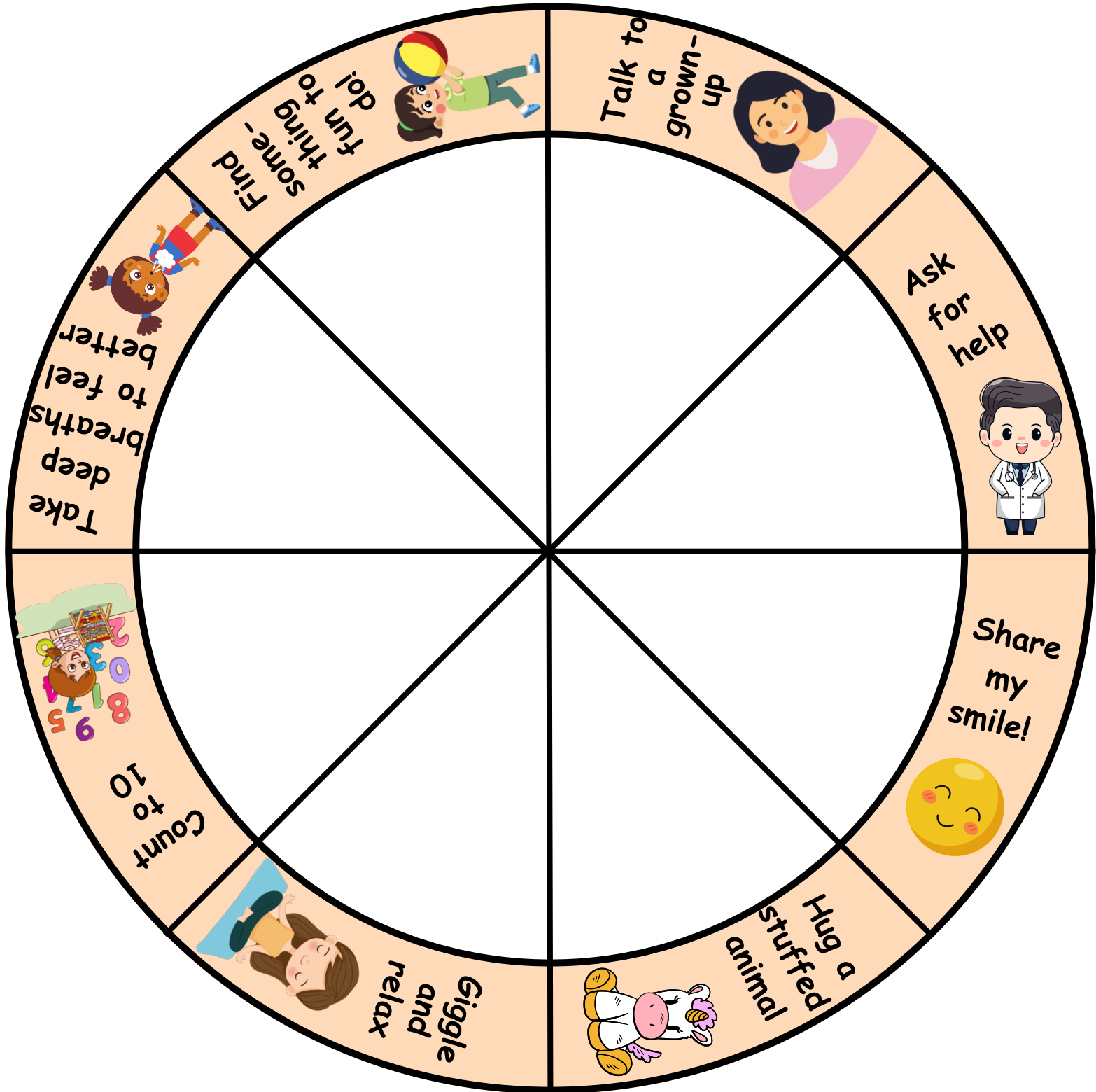
My Emotions Wheel

(Inner)



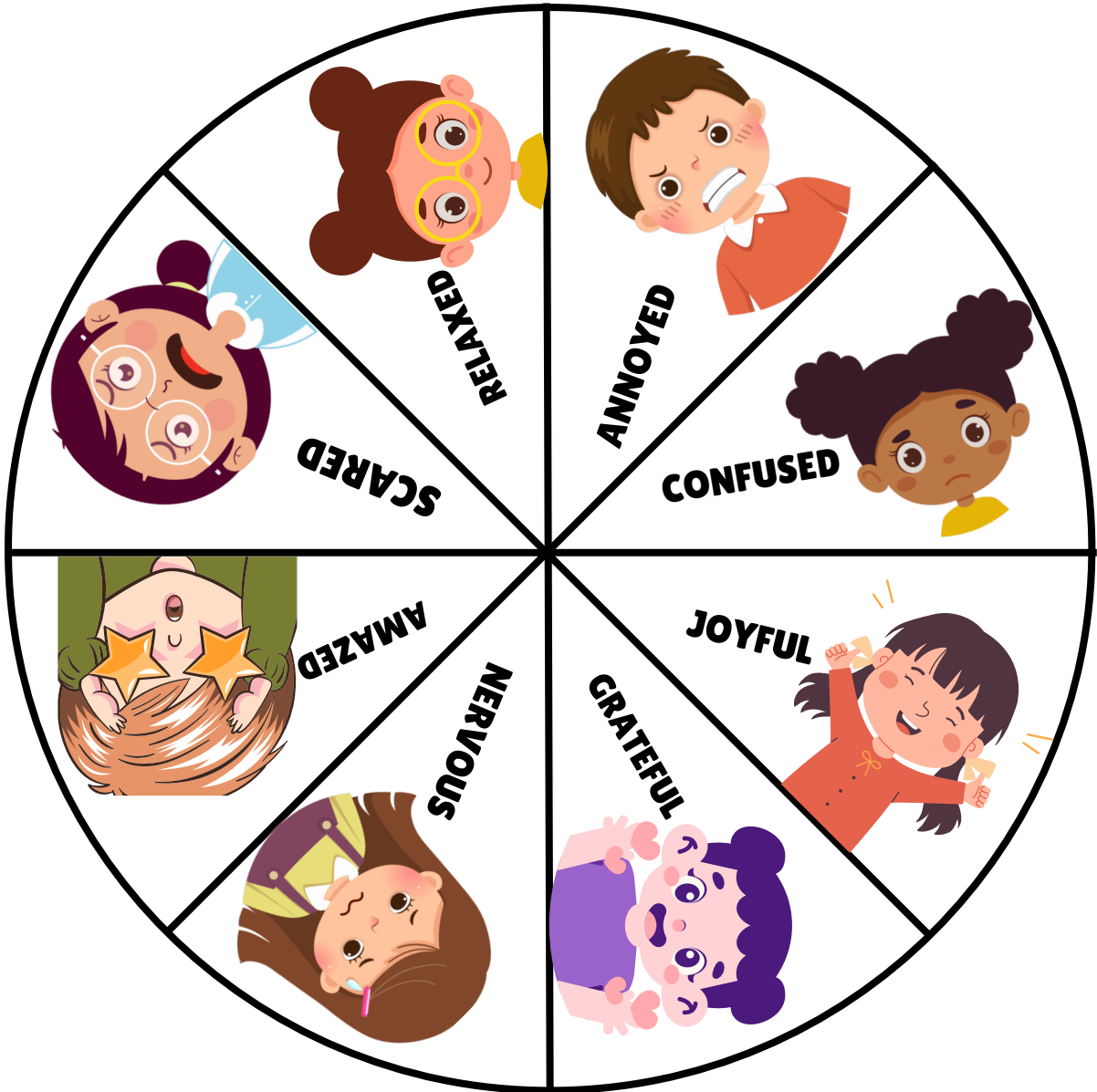
My Emotions Wheel

((Outer))



My Emotions Wheel

(Inner)



My Emotions Wheel

((Outer))

