



# THE EMOTIONS WHEEL

## HOW TO USE THE EMOTIONS WHEEL

1. Look at the words and faces to find how you're feeling.
2. Journal about your feelings.
3. Become a watcher. Look at the faces of the people you see at home and match their faces with ones on the wheel.



## 9 WAYS TO MAKE SAD DAY BETTER

1. **It's Okay To Cry** – God gave us tears to help wash away our sadness.
2. **Write A Story or Draw a Picture** – Sometimes it's easier to write a story or draw a picture about how we feel. But there are other ways to "tell" someone how we feel. We can paint a picture, dance out our feelings, whisper them to our favorite stuffed animal, doll, or even to our pet.
3. **Ask For A Hug** – It's okay to ask for a hug when we're sad or lonely or angry or scared.
4. **Exercise** – Sometimes it helps to do something active, like take a walk, ride a bike, kick a ball, skip up and down the driveway, jump rope, shoot hoops, or dance to music.
5. **Snuggle Up** – Snuggling up in a soft blanket or a cuddly sweater can make us feel safe and warm when we're lonely or sad.
6. **Spend Time Outside** – Fresh air is good for our bodies and our brains. Look around. What do you see? Can you find something red, something blue, something green, something brown, something white, and something yellow? Can you spot something shiny? Do you see something that moves? Something that makes noise? Something huge and something tiny?
7. **Laugh With Your Family Or Friends** – Laughing is good, even if it makes us cry. Our emotions can be all mixed up when we're really sad.
8. **Thank God for One Good Thing** – We can thank God for all kinds of good things, sunshine, our best friend, our favorite book, our favorite food, our favorite color, even our favorite song.
9. **Remember that YOU ARE LOVED BY GOD**  
Exactly as you are. Always.  
No matter what.

