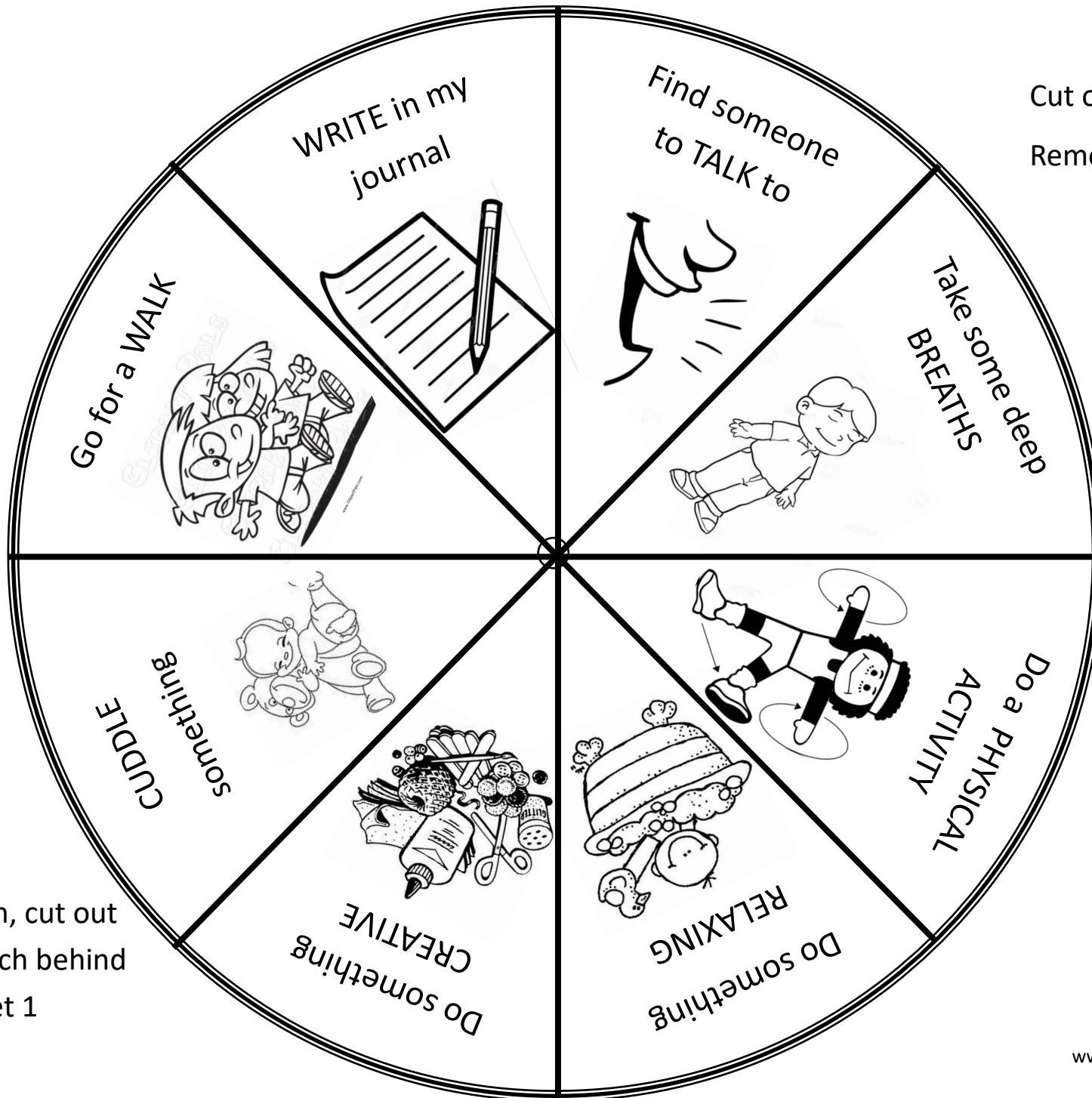


Cut out and
Remove

Cut out and Re-
move

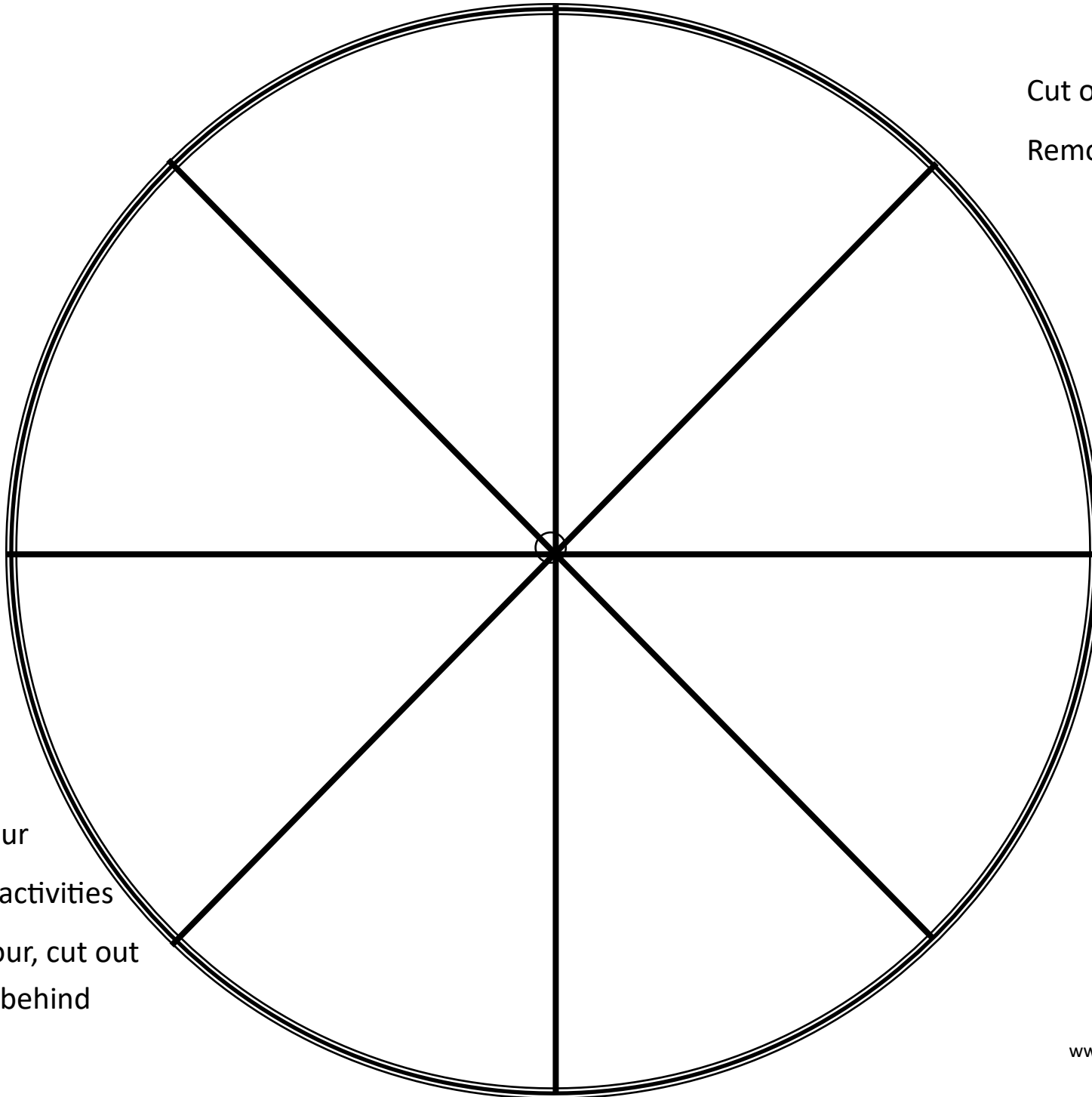
Cut out and decorate
the wheel how ever
you like



Cut out and
Remove

Colour in, cut out
and attach behind
the sheet 1

Sheet 2



Cut out and
Remove

Develop your
own list of activities
Fill In , Colour, cut out
and attach behind
sheet 1

Sheet 3

Instructions:

- 1) Colour and decorate the wheels. Add ideas and pictures to the blank wheel to create your own.
- 2) Cut out the wheels (make sure to take the pie piece out of page 1).
- 3) Punch a small hole in the middle of each wheel
- 4) Use a brad fastener to attach the page one wheel on top of which ever other wheel you want to use.
- 5) Use the wheel to help you find a way to manage emotions when you are feeling anxious, sad, mad or any other troubling emotion.

