Below are the items you will need to have on hand to create your own Emotion Wheel:

- X-Acto knife or scissors
- Cutting Mat (if you are using a X-Acto knife)
- Paper brad or grommet (1)
- Glue or tape

Note: We recommend printing the wheel pieces using a heavy weight paper or cardstock.

**STEP 1:** Cut along dashed lines. This will be your bottom layer.
**STEP 2:** Again, using the dashed lines as reference, cut out the circle and window.

This will be your middle layer.

*Note: Because of the tricky cut, we’ve found using an X-Acto knife to be beneficial when cutting out the window.*
**STEP 3:** Repeat cutting out the circle and windows, as well as the instructions in the box to the right.

*Note: There are two windows on this layer—a larger, rounded rectangle on top and a smaller circle beneath.*

**STEP 4:** It’s now time to assemble. Using your X-Acto knife or scissors, cut a small hole where the pink dot falls on each layer.

Begin layering the circles, starting with the largest on the bottom and smallest on top.

Insert the brad or grommet in the small hole you just created to tie the layers together.

Turn over and glue the “The Emotional Wheel” instructions to the back of your wheel and *voilà!* your Emotion Wheel is ready to use.

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**HOW TO USE**

Help kids learn to identify their feelings and suggest ways to regulate emotions with this emotion wheel.

The smaller wheel gives some emotions, while the larger wheel gives possible emotional needs that are a result of their emotions.

Following the steps outlined on the wheels, try one of the activities to help kids with their emotional need, or come up with your own activity together!