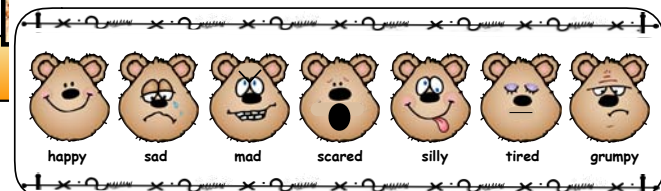
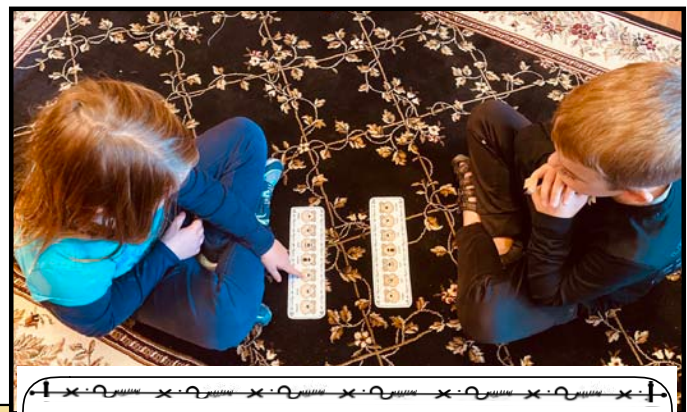


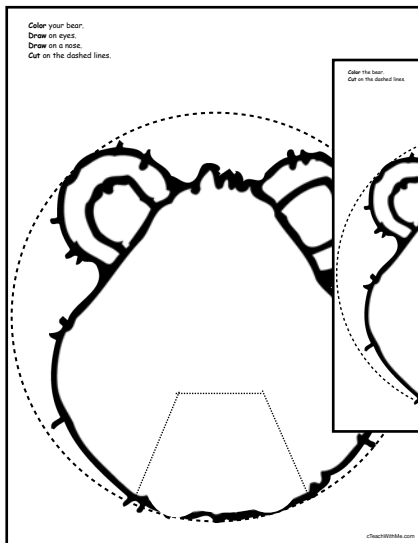
The FREE poster, "Everyone Everywhere Has Feelings" is from my **"Wheeling & Dealing With Feelings"** packet pictured below. For your convenience, I've included a PREVIEW of that packet here with the freebie. Click the photo to zip on over to take a look at the packet if you'd like. Wishing you a "feeling great" day!

# Wheeling & Dealing With Feelings

## Activities & Feelings Wheel Craft



Diane Henderson



There's a BW pattern where students can draw on their own bear's face, as well as one with a face.



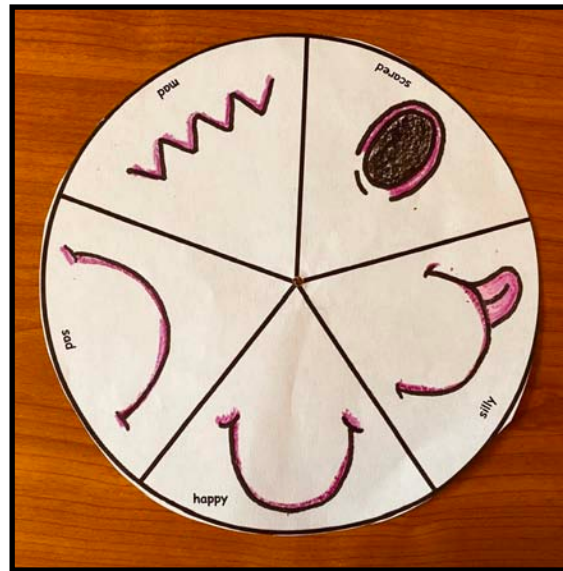
Students color their bear, then cut on the dashed lines, cutting out the mouth piece.



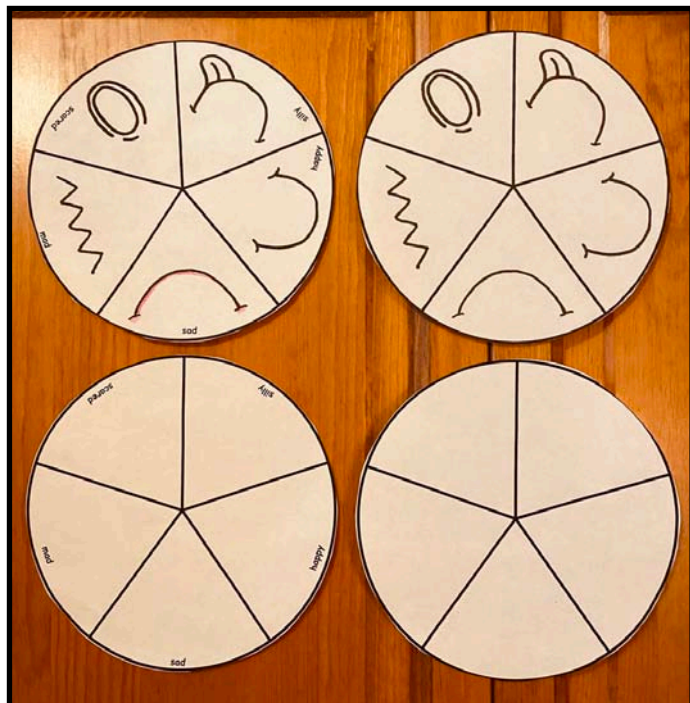
I've also included a full-color bear template, so that teachers can quickly & easily make an example to share.

## Bear Feelings Wheel

Children add some color to the "feelings pie wheel", by tracing over the mouths with a crayon; then cut around that. To expedite things for little ones, this wheel can be pre-cut for them.



To keep things simple, I've limited "feeling" choices to just 5, which children readily understand & can identify with.






Besides the **bear** head pattern, I've also included **9 girl & 8 boy** options.

To simplify things, I have only included **5 emotions**, which students readily understand & identify with.

There are 4 "pie wheel" patterns:

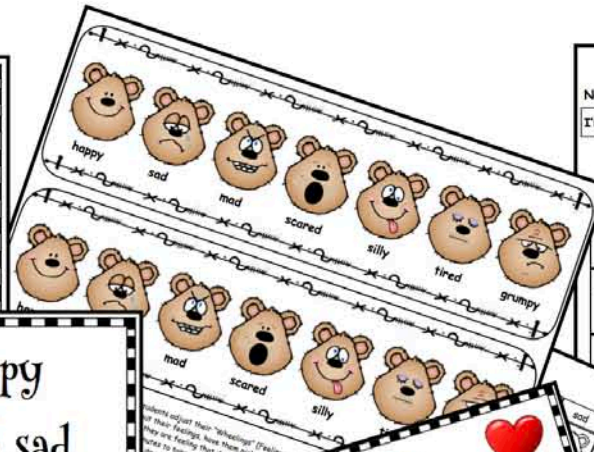
1. Labeled mouths
2. Non labeled mouths so that students can leave as is, or label their own.
3. Labeled with no mouths so that students can draw their own.
4. Blank so that students can draw & label, or make an additional wheel showing other emotions.

Name: \_\_\_\_\_







  

  

  

  







Activities &  
posters  
with a bear  
theme.



Name: \_\_\_\_\_

I'm feeling:	happy	sad	mad	scared	silly
Day:					
Monday					
Tuesday					
Wednesday					

Name: \_\_\_\_\_

I'm feeling:	happy	sad	mad	scared	silly
Day:					
Monday					
Tuesday					
Wednesday					
Thursday					



It's important for children to express their feelings.

They might not want to tell the entire class how they are feeling, but I find that they are pretty excited to share their emotions with another person.


You can make this part of your morning routine, which will give you 5-10 minutes to take attendance, fill out a lunch count, or look through notes from parent etc.

You can also walk around and listen to what children are saying. It's truly sad, how much baggage a child sometimes comes in with.

Print the "feelings bears" on card stock, laminate & trim so that you can use them each year.

When children come in, they pick a partner & grab a card. Sitting "criss-cross applesauce" they point to a bear that expresses how they feel, and **explain why**. They can point to more than one bear. I truly believe talking this out helps children "unload" & feel better. Afterwards they take their seat & turn their "feelings wheel" to how they are **mostly** feeling that day. Teachers come around & check, or you can have them keep their eyes forward & hold up their wheel. You can see at a glance who is having a difficult day.

This is also a great way to end the day too. Children pick that same partner & share how they feel. Have things improved? Did something happen to make the change in feelings, etc.



Everyone  
Everywhere  
Has Feelings