

# THANK YOU

## Product includes

Thank you for visiting my store I have made these activities that I use with my students to work on social emotion learning. If you have any questions or concerns, please contact me. If you see any errors, please let me know and I will fix them right away!

## Terms of Use

This resource has been a labor of love. By downloading this activity you have purchased the right to use it for your own personal use. You may print it as often as you wish for your students or classroom. You may not resell, or share downloads. If another teacher would like a product please direct them to my store.

I am just giving out a preview of my store and would LOVE it if you would take the time to leave a review.

## Graphics

Graphics used in this product were used from a subscription to Vecteezy and do not require individual attribution. Thank you!

## Follow Me!

FACEBOOK SITE -Simply Savvy Speechie

TPT SITE

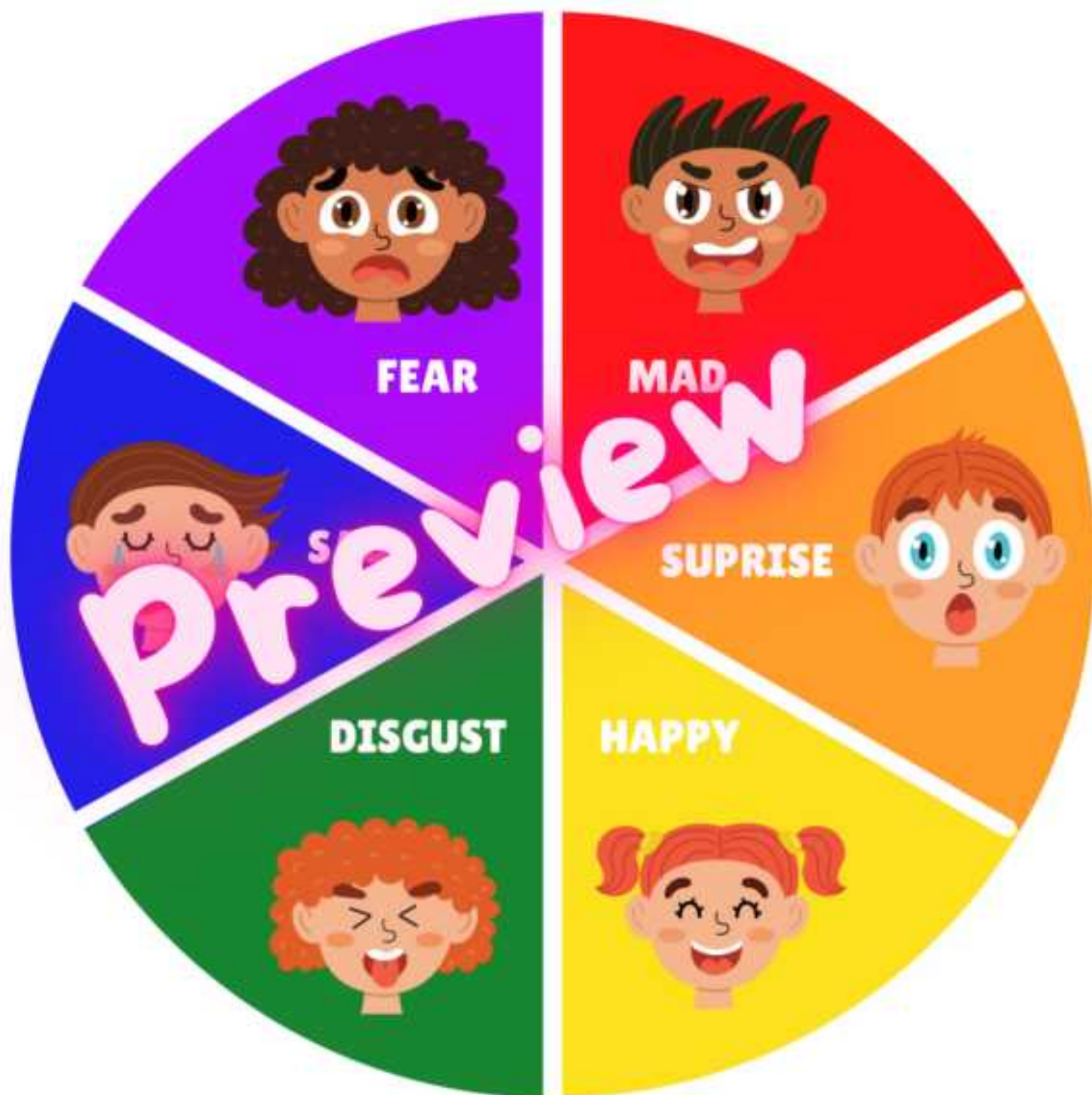
I would love it if you would take the time to follow my store.

## Another great resource

You can find my most popular SEL resource here.

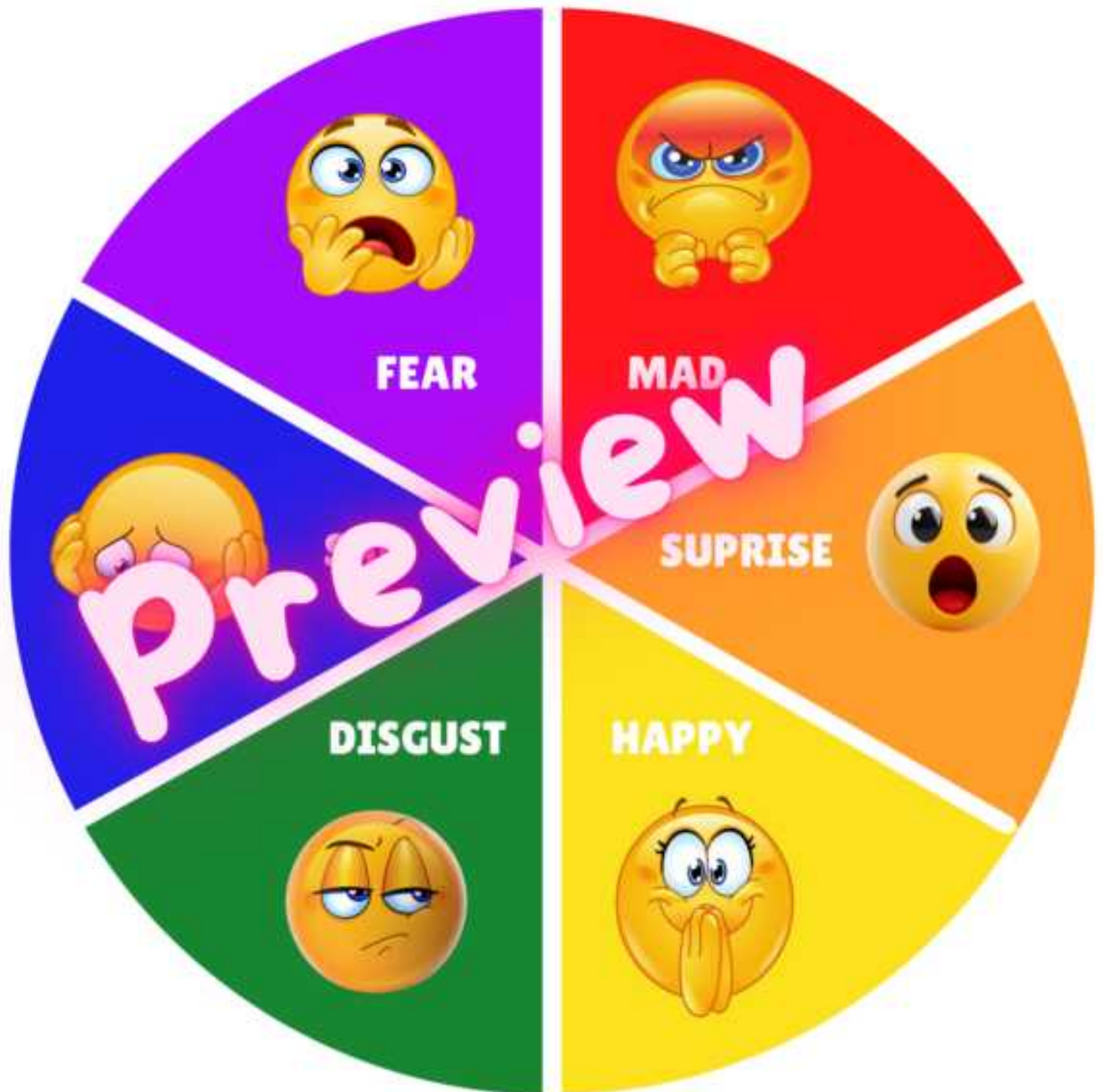
BREATHING Visuals/CALMING activities

# WHEEL OF EMOTIONS

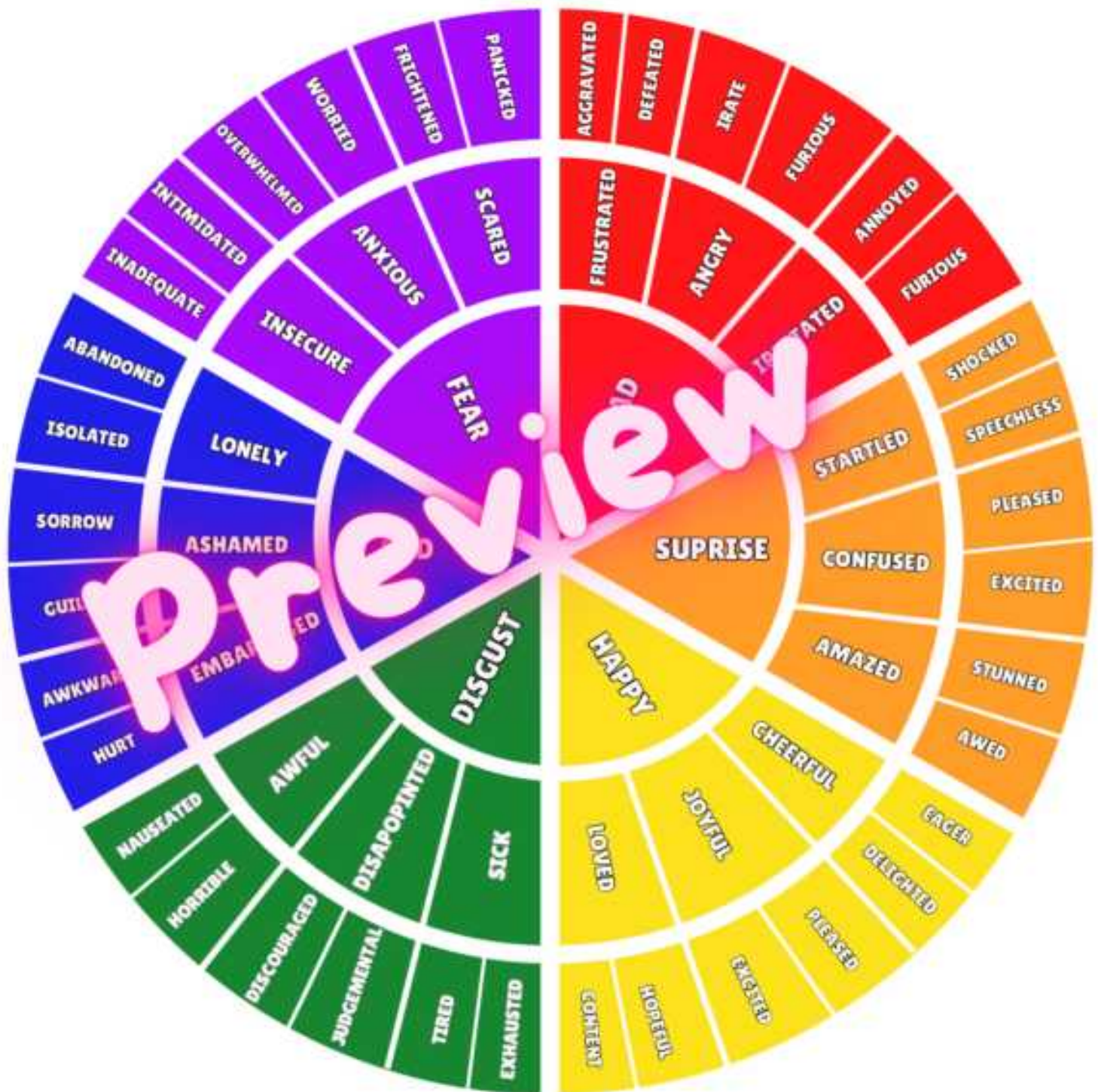




# WHEEL OF EMOTIONS



# WHEEL OF EMOTIONS





# WHEEL OF EMOTIONS



# WHEEL OF EMOTIONS

Decorate your own wheel to match the emotions you are feeling.



# WHEEL OF EMOTIONS





# EMOTIONS



**MAD**

Mad is a strong emotion characterized by feelings of frustration, irritation, and anger. It can arise in response to perceived threats, injustices, or disappointments. When you are feeling mad you might feel an increased heart rate and you may clench your fists. People often shout when mad or angry.



**SURPRISE**

Surprise is an emotion characterized by a sudden feeling of shock or astonishment in reaction to an unexpected event or situation. It can range from mild astonishment to intense disbelief and is often accompanied by physical reactions such as widened eyes, raised eyebrows, and a quick intake of breath.



**HAPPY**

Happiness is an emotion characterized by feelings of joy, contentment, and satisfaction. It often manifests through smiling, laughter, and a sense of well-being and joy. This emotion can be triggered by various things such as personal achievements, relationships, or joyful experiences and can lead to increased energy, motivation, and positive connections with others.



**DISGUST**

Disgust is an emotion characterized by a strong sense of revulsion or repulsion, often triggered by something considered offensive, distasteful, or unacceptable. It can arise in response to unpleasant odors, tastes, sights, or behaviors, prompting a physiological reaction such as nausea, a heightened sense of alertness, and a desire to avoid what is causing the feeling.



**SAD**

Sadness is an emotion characterized by feelings of disappointment, loss, or grief. It often feels heavy and unhappy. It may cause tears, fatigue, and a tightness in the chest. Sadness is a normal reaction to life's challenges and can help individuals process loss and give empathy in social connections.



**FEAR**

Fear is an emotion that arises in response to perceived threats or danger. It is characterized by heightened alertness, increased heart rate, and rapid breathing. Fear can happen in various ways, from a mild sense of being unsure to intense panic. Fear can happen in situations, such as fear of heights or public speaking.



# HOW DO YOU FEEL TODAY?



silly



mad



sleepy



sad



happy



worried



shy



loved



surprised



disgusted



sick



afraid

# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.





# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.



preview



# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.



Preview





# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.



Revulsion



Dreading



Angry



Defeated



Resentful



Outraged



Scornful



Distrusting



Awkward



Relaxed



Lonely



Resentful

# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.



Elated



Bitter



Interested



Regretful



Liking



Envious



Sympathy



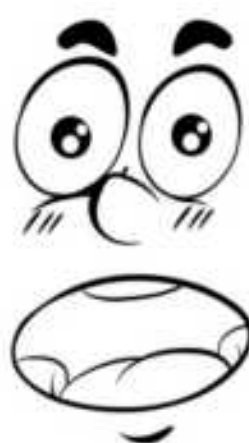
Amazed



Adoration



Spiteful



Enthusiastic



Alarmed



# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.



# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.





# HOW DO YOU FEEL TODAY?

Color the faces to match the emotions you are feeling.



# HOW DO YOU FEEL TODAY?

Add a facial expression to the woman to match how you are feeling today.





# HOW DO YOU FEEL TODAY?

Add a facial expression to the girl to match how you are feeling today.



# HOW DO YOU FEEL TODAY?

Add a facial expression to the man to match how you are feeling today.





# HOW DO YOU FEEL TODAY?

Add a facial expression to the boy to match how you are feeling today.





**HAPPY**



**DISGUST**



**SAD**

**HOW DO YOU**

**preview**

**FEEL TODAY?**



**FEAR**



**MAD**



**SURPRISE**

**HOW DO YOU**

**preview**

**FEEL TODAY?**





**HAPPY**



**DISGUST**



**SAD**

**HOW DO YOU**

**Preview**

**FEEL TODAY?**



**FEAR**



**MAD**



**SURPRISE**

**HOW DO YOU**

**preview**

**FEEEL TODAY?**



**HAPPY**



**DISGUST**



**SAD**

**HOW DO YOU**

**Preview**

**FEEL TODAY?**



**FEAR**



**MAD**



**SURPRISE**





**HAPPY**



**DISGUST**



**SAD**

**HOW DO YOU**

**Preview**

**FEEL TODAY?**



**FEAR**



**MAD**



**SURPRISE**



**HAPPY**



**DISGUST**



**SAD**

**HOW DO YOU**

**Preview**

**FEEL TODAY?**



**FEAR**



**MAD**



**SURPRISE**

**HOW DO YOU**

Preview

**FEEL TODAY?**



Use yarn, play doh or anything you want to make a face that describes how you feel today.

