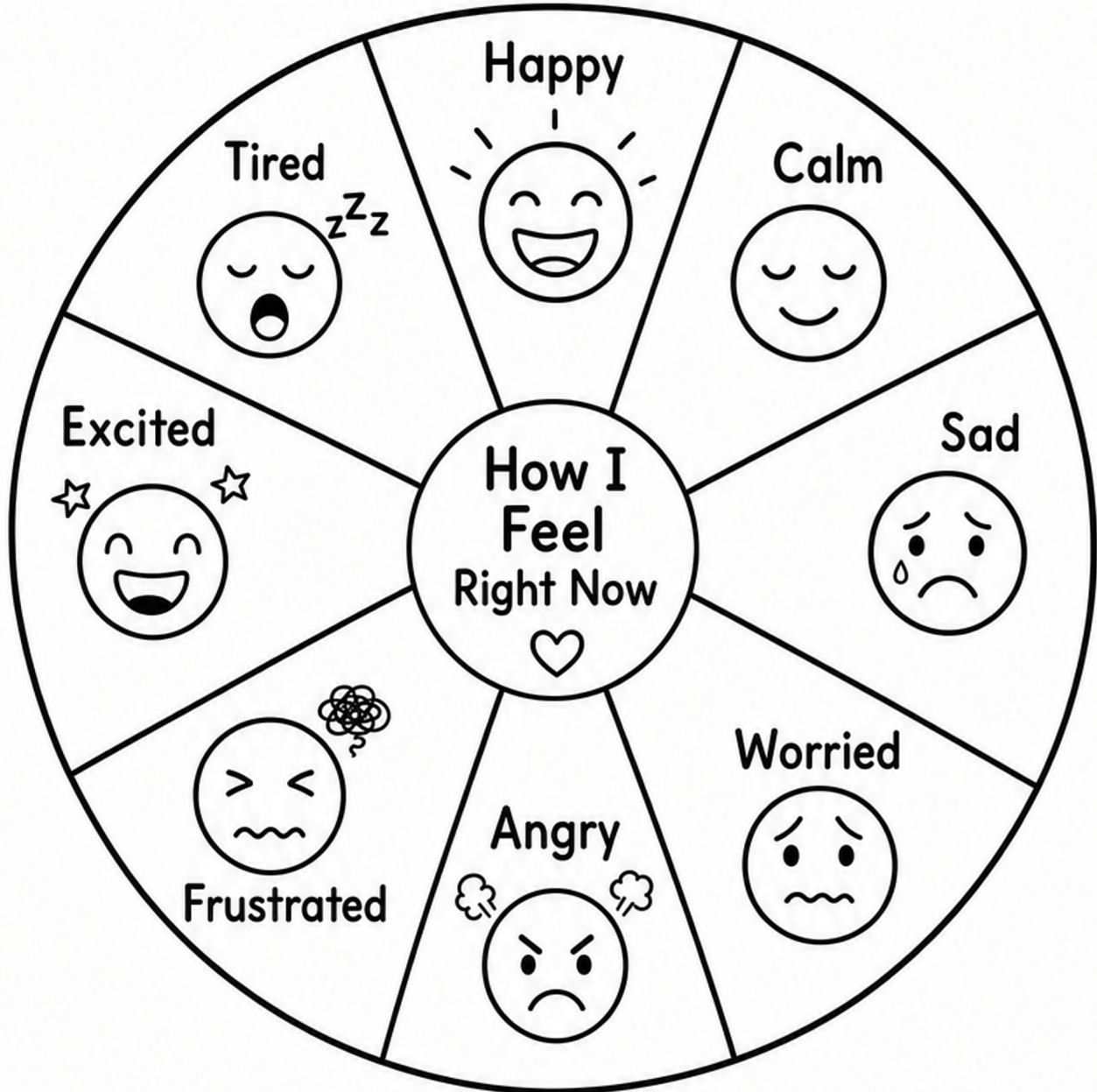


SUBJECT:
PSHE

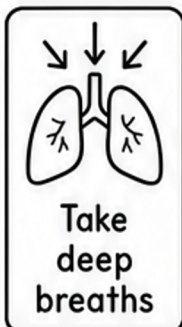
Emotion Check-In Wheel

YEAR LEVELS:
Year 1, Year 2,
Year 3, Year 4,
Year 5, Year 6

How are you feeling right now?
Choose a feeling on the wheel, then pick a strategy to help.



Pick a strategy to help you:



☆ It's okay to feel how you feel.

♡ You can choose what helps.

😊 You've got this!