

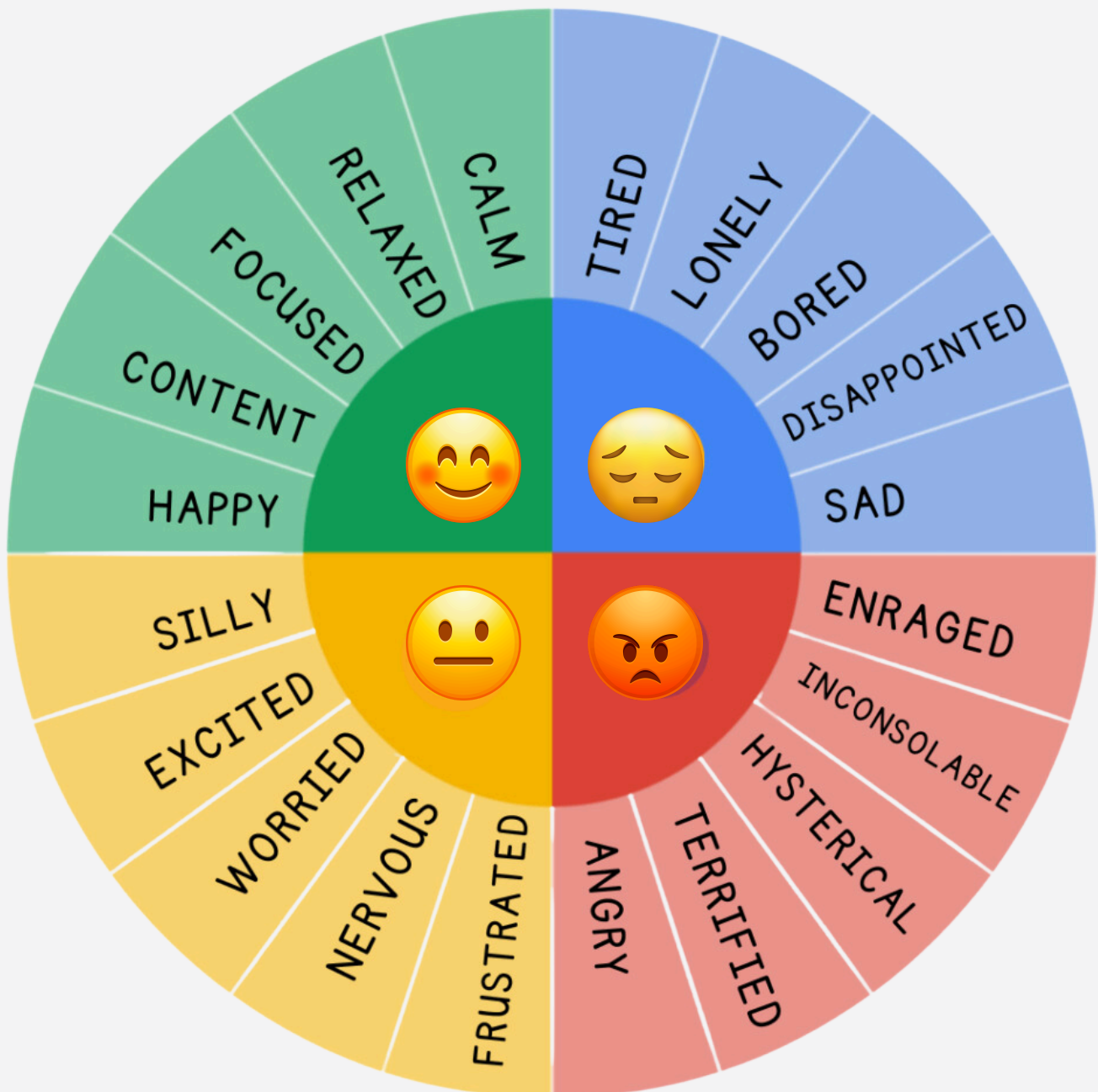


# INSIDE OUT 2



GRATIOT INTEGRATED  
— HEALTH NETWORK —

# WHEEL OF EMOTION





# FEELINGS



Draw your emotions on the situations.

A large, empty square box with a blue border, intended for drawing an emotion.

Your mom gets mad at you.

A large, empty square box with a blue border, intended for drawing an emotion.

You get a new game.

A large, empty square box with a blue border, intended for drawing an emotion.

You see a bug.

A large, empty square box with a blue border, intended for drawing an emotion.

You eat a big hamburger.

A large, empty square box with a blue border, intended for drawing an emotion.

You don't do anything.

A large, empty square box with a blue border, intended for drawing an emotion.

You eat vegetables.

A large, empty square box with a blue border, intended for drawing an emotion.

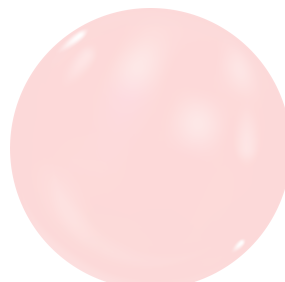
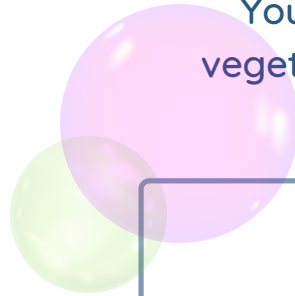
Someone says something mean to you.

A large, empty square box with a blue border, intended for drawing an emotion.

You watch funny videos.

A large, empty square box with a blue border, intended for drawing an emotion.

You Fall.



# For Better or Worse

When I feel upset, these are 5 things that make me feel better:

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

4.

\_\_\_\_\_

5.

\_\_\_\_\_

When I feel upset, these are 5 things that make me feel worse:

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

4.

\_\_\_\_\_

5.

\_\_\_\_\_

# WHAT CAN HELP...

Draw, write or describe what can help you when you are feeling each of these emotions.

When I feel stressed...

When I need a break...

When I feel hurt...

When I feel angry...

When I feel worried...

# Morning Check-In



How I feel about today:

Happy Tired Hopeful Nervous  
Focused Sad Frustrated Confident  
Excited Angry Joyful Bored

Reason for my rating

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Goal for Today:



Something I am looking forward to today:

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# Feeling ownership

Think of different situations, and complete the following sentences:

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

Something I can do about this is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Just Checkin' In!

How are you feeling?



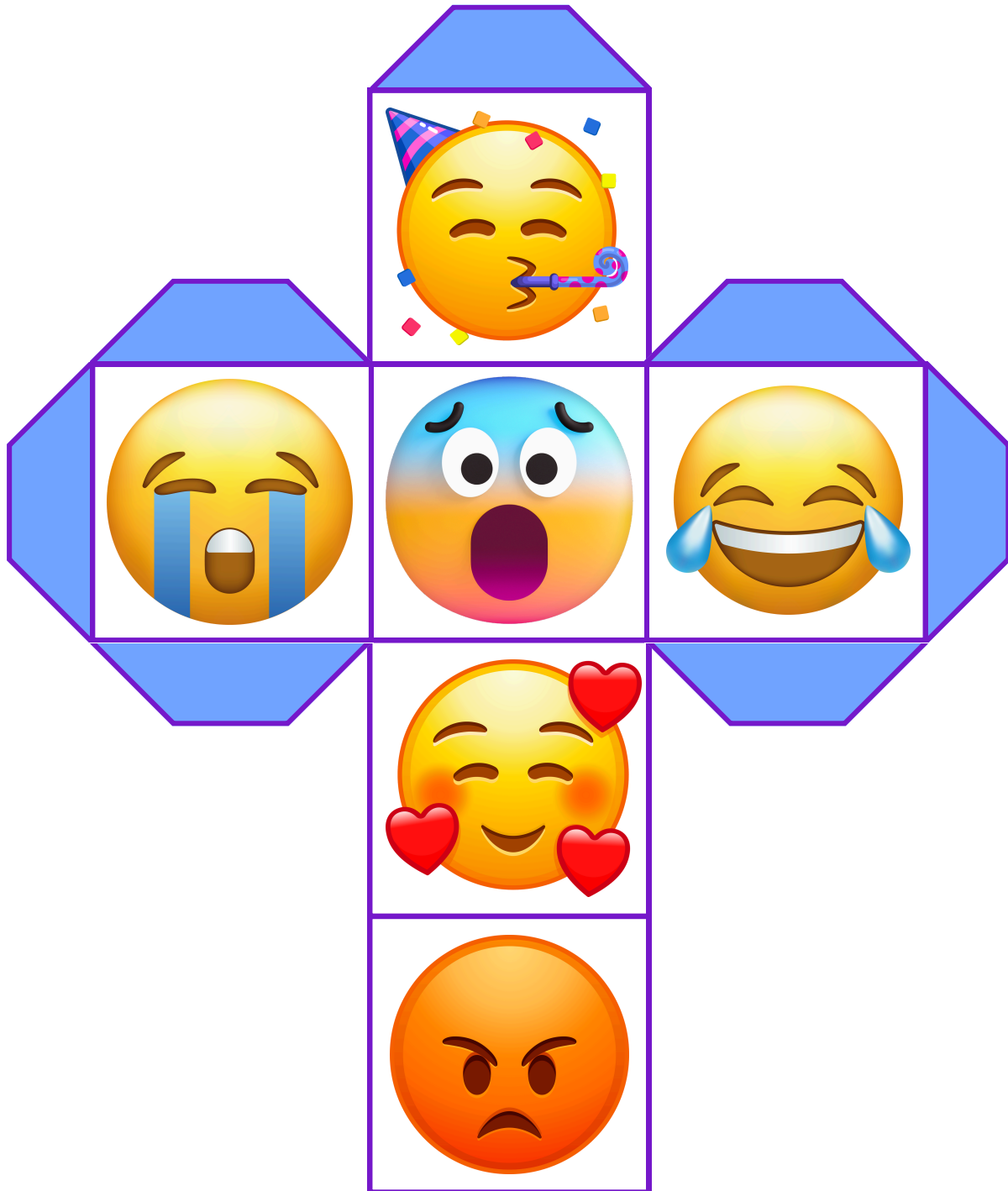
What was the most frustrating part of your week?

What was the most enjoyable part of your week?

Anything else you would like to share with me?

# Emotion Ice breaker

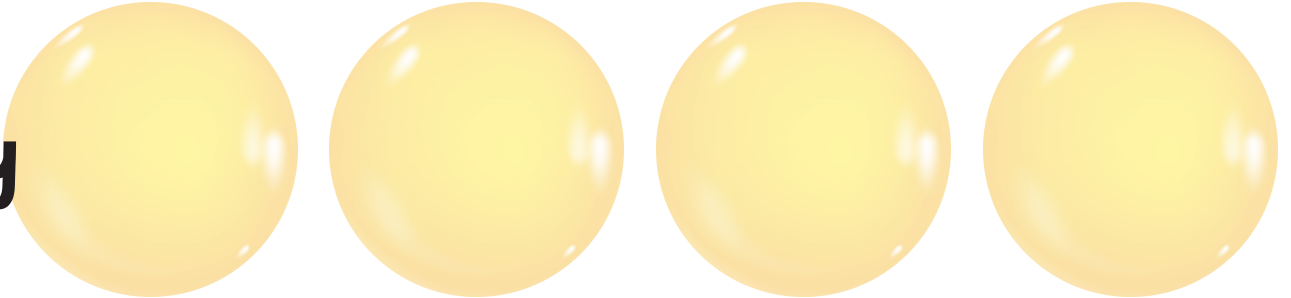
Cut the dice out. Glue and fold the blue tabs to make a cube.  
Take turns to roll the dice and share a memory connected with the emotion you rolled.



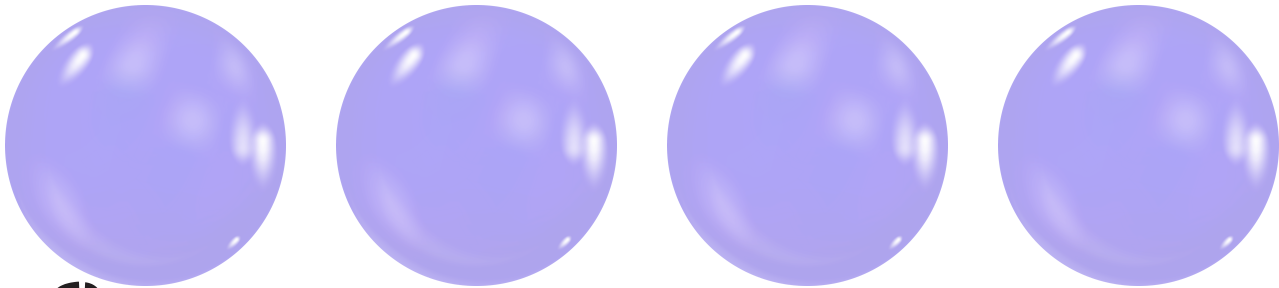
# Emotional Memories

In “Inside Out.” Riley’s core memories are activated by the emotions in her mind to help her remember things. Imagine your memories are being activated! Draw or write as many memories as you can in the core memory orbs below!

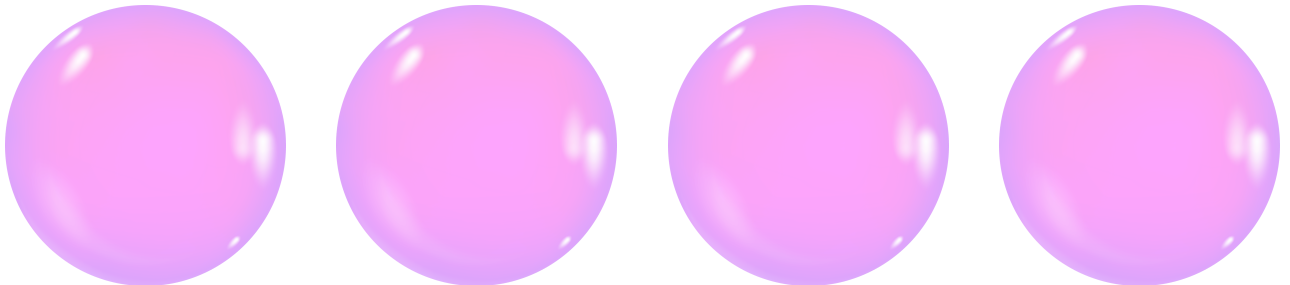
**Joy**



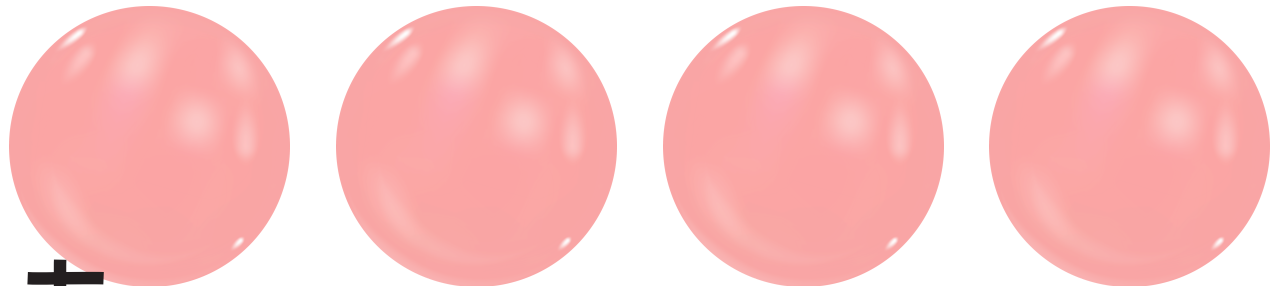
**Sadness**



**Nervous**



**Anger**



**Disgust**

