

## The Happy Wheel

The wheel can be used to help to learn alternative coping skills to manage emotions when feeling worried, sad or angry.





- 1. Make a list of all the activities that make you happy.
- 2. Use 2 paper plates or draw 2 plate size circles on card and cut out.
- 3. Cut out a small triangle window in the middle of one of the circles or plates.
- 4. On the second circle or plate, write a selection of the activities that make you happy around the circle.
- 5. Fasten the 2 plates or circles together with a paper fastener so the plate can spin and reveal the skills.
- 6. Decorate the top plate any way you like.
- 7. Spin the wheel and pick one of the activities to do that you know will make you feel happier.