

# Today I Am Feeling...

The spin wheel below has a mix of negative and positive feelings that most people will experience.

This wheel may be useful in a classroom, a group or in a one-to-one session.

The wheel helps young people express how they are feeling during the day. The wheel may be used at the start of the school day or the start of a session to gauge how a young person feels and the effects of certain events on that young person.

Once you are aware of how they are feeling, you can ask questions to begin to understand the reasons for these feelings. A young person may not be able to explain how they are feeling but may be able to use the wheel to show you.

