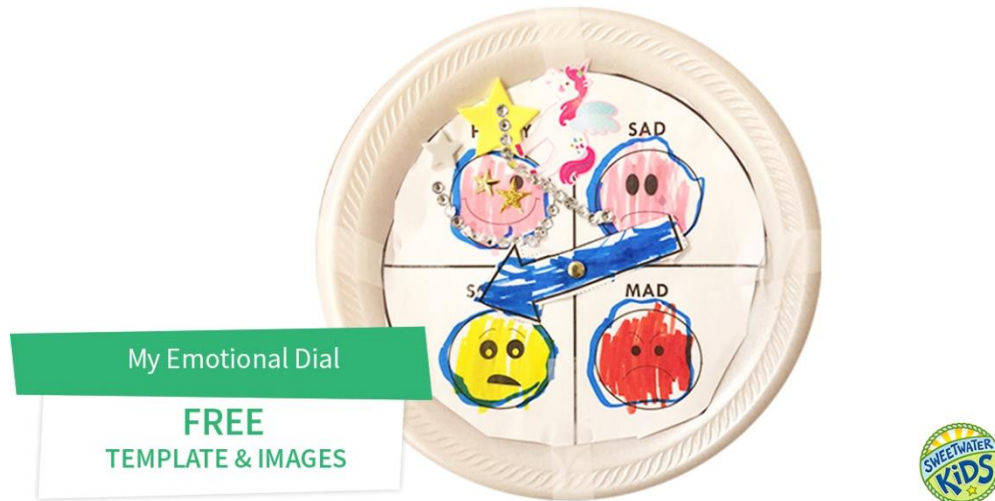


# My Emotional Dial

Children who can recognize their emotions—discover, understand, express, and manage how they feel—are better able to control their behavior and realize how others might be feeling.

Materials: Printable template, paper plate, scissors, glue, hole punch, brass fastener (brad), art supplies

Estimated Time: 30 minutes



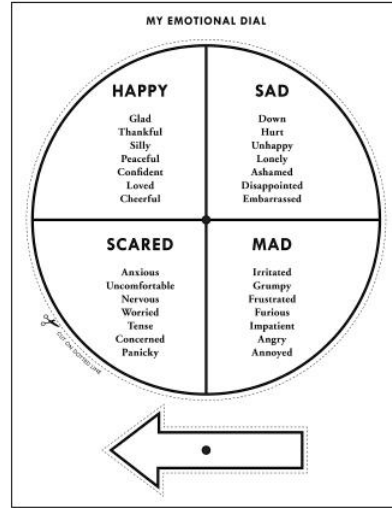
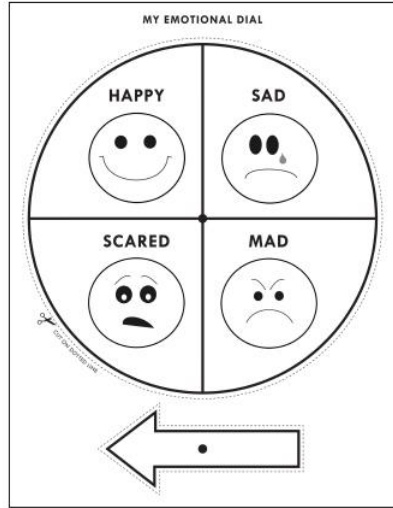
## Optional Pre-Activity Fun

*(Use with Spencer's Wondrous Wish storybook and music CD found in the Choosy Kids Digital Media Subscription package)*

Use the storybook, [Spencer's Wondrous Wish](#) to seek and find different emotions. Look through the pages and ask your child to identify the different emotions a character might be feeling. Ask your child to make the same emotional face and to name a time when he felt that way. Or, play the song, "[Happy, Sad, Scared, or Mad](#)" to help your child become more aware of his emotions by associating the feelings he has with body sensations and physical actions.

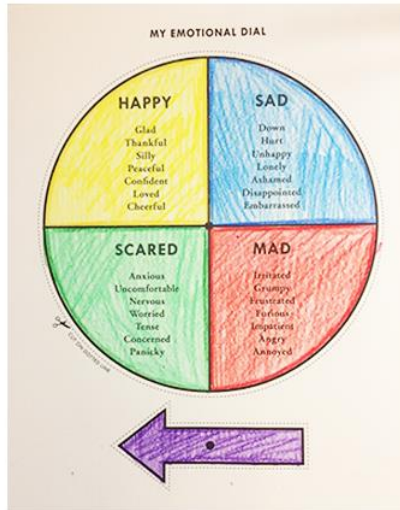
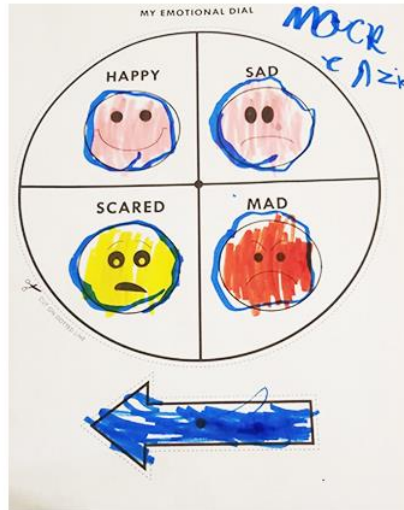
# Step 1

Print template.



# Step 2

Color and cut out the dial and the arrow. For older children consider using the dial with the feeling words and for younger children use the dial with the emotional faces.



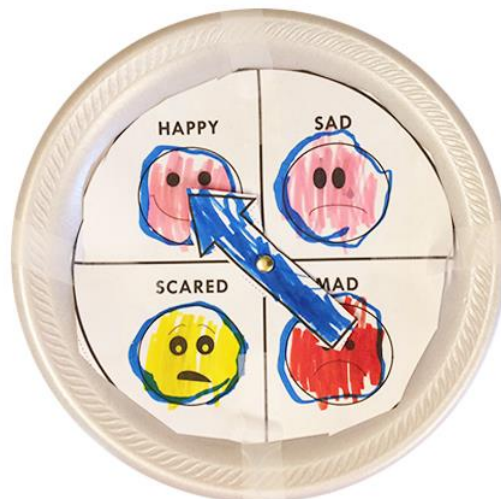
## Step 3

Use the hole punch to put a hole in the center of the paper plate, dial, and arrow. Glue the dial to the paper plate.



## Step 4

Insert the brass fastener through the hole.



## Step 5

Ask your child at different times of the day to move the dial to the feeling being experienced at that time. Notice if an emotion in the morning differs from an emotion later in the day and discuss what events occurred to make your child feel differently.

