

Fun Craft--Today I Feel...

Instructions:

Let's make a fun feelings spinner to help express how you feel each day!

1. Cut out a large circle and divide it into 5 equal sections.
2. Label each section with a feeling: Happy, Sad, Mad, Excited, Scared.
3. Draw or glue faces in each section to show the emotions. You can add googly eyes to make them pop!
4. In the center, attach a paper arrow with a fastener so it can spin.
5. Each morning, spin the wheel and say how you feel today!





