## Fidget Spinner Emotions



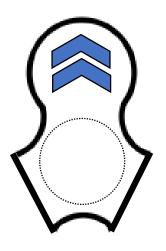
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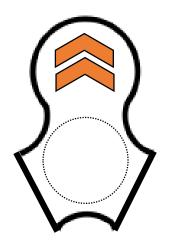
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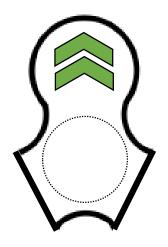


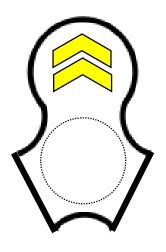
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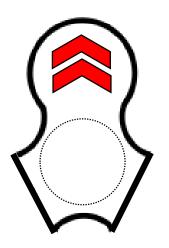
## Fidget Spinner Emotions Arrow Pointers

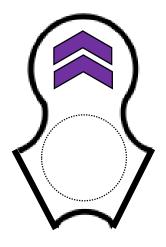














## Fidget Spinner Emotions Instructions

- Cut out the arrow pointer(s) you want to use.
- 2. Cut out the dotted circle and place the arrow pointer over the center of your fidget spinner. Use a piece of tape to attach it to the fidget spinner.



3. Place the fidget spinner over the gray fidget spinner outline in the middle of the emotions circle.



Super Simple

Feelings

**Management** 

**Technique** 

4. Spin the fidget spinner. When it stops, do one of the following based on the emotion the spinner lands on:

- See It: What emotion is represented?

- Say It: What are other words describing the same

emotion?

- Feel It: Describe what your body feels like when you

experience this emotion.

- Mimic It: Act out the emotion in a mirror or for others.

- Talk About It: Share a time you felt this emotion and what

you did about it.

