

THE LIFE WHEEL!



Has talking with your kids about feelings & how they've *really been doing* been difficult, awkward, or even non-existent?

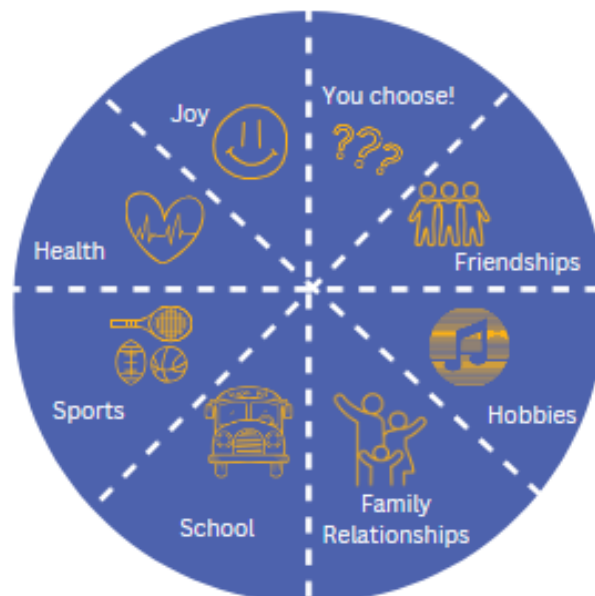
Even if your kids give you their grades or sit down for supper, how can you *really* know how they're feeling about different life areas?

If you've had some unsuccessful attempts at going beneath the surface, one reason that could be happening is that children, even teens, most naturally share through *play*. Kids are more likely to communicate how they are feeling through *games* rather than conversation.

That's why I'm inviting you to play The Life Wheel with your family! To play, all you have to do is choose a category & share how that area of life has been going on a scale from 1 - 5. As a parent you can *model* what this looks like through going first & sharing honestly.

If you want to make the game even more fun, you can write a number next to each category & use a dice to determine which category you share on! You can also cut out each category and use them like a deck of cards that you pick from.

As your children share, try to resist the urge to tell them what to do or respond reactively. Instead, through listening, affirming their feelings & supporting them through the problem-solving process, demonstrate that your children can always come to you with their problems no matter how big. Lastly, have fun!



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How is life going for *You*?

With a friend, family member or by yourself, you are invited to rate how you are feeling in each category on a scale from 1 - 5.

How you rate each area:

- 1:** Really struggling, not going well at all, you might have experienced anger, sadness or other emotions in this area
 - 3:** Going ok, you wish things could be better
 - 5:** Going very well! There might be joy, success, pride & more great things!
- *Your number might also be a 2 or 4!

Example! "For (category) I'd give it a (number) because... (reason.)"

Reasons might include events, friendships, family members, games, school & more!

