

≡ My Getting ≡ UNSTUCK Spinner

HOW TO MAKE

- 1. Cut out the wheels** on page 2 and 3. Cardstock paper works really well.
- 2. Poke small holes** in the center of each wheel with a sharp pencil. Only poke enough to puncture the paper so you don't have a large hole.
- 3. Place** the "When I Feel Stuck, I Can" wheel on top of the precomps wheel. Insert the brad fasteners through the center of both wheels. Then, flip them over and spread the prongs apart to secure.

HOW TO PLAY

When you're feeling stuck, spin the bottom wheel and try the strategy. if needed, spin again to try another one!

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When I
feel
STUCK,
I can



Cut on the dotted line 

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Journal or
write a letter



Try a different
strategy



Brainstorm
solutions



Talk with
someone



Focus on
what I can
control

Ask for
help



Draw or
doodle how
I feel



Rest or take
a break



Cut on the dotted line

