



Turn the Dial



1. How do you use Turn the Dial?

Practice, then draw a picture of yourself using it!

1. Imagine a dial with lots of different feelings.



2. Check what feeling your dial is on right now.



3. Turn your dial to a different spot and think about how you feel.

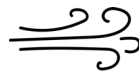


4. Keep turning until you find a spot where you feel your best.



2. How do you feel after using Turn the Dial?

Circle the cloud that best matches.



3. When could you use Turn the Dial to help you feel your best self?

Draw or write your ideas.