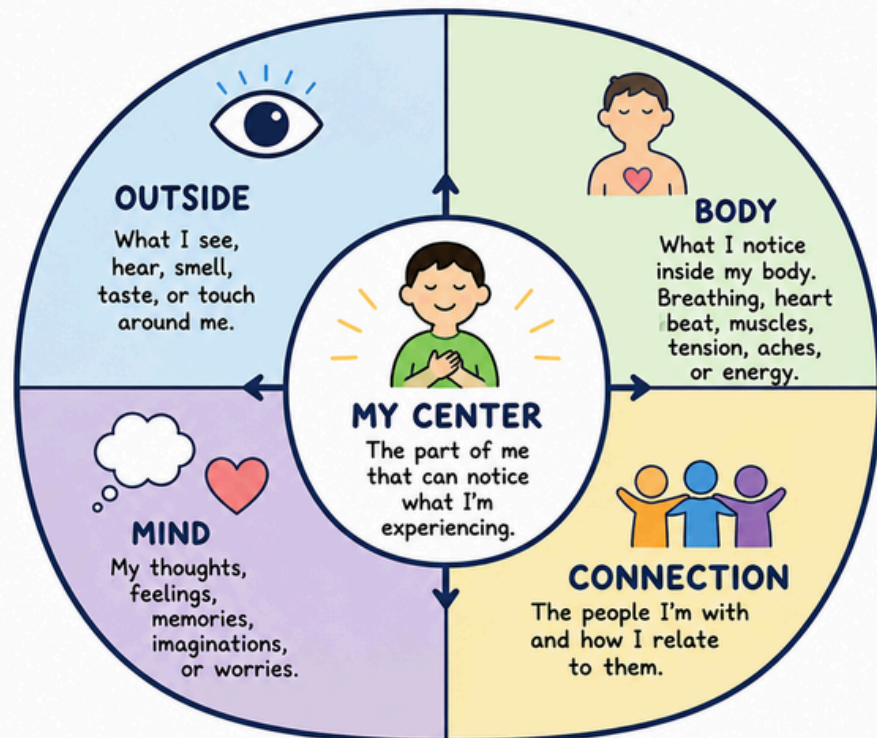


THE WHEEL OF AWARENESS

A tool to help kids notice what's happening without becoming overwhelmed by it.



HOW TO USE IT

1 NOTICE

What's happening on your rim?

2 NAME

What are you noticing?

3 CENTER

What would help you get back to your center?

4 CHOOSE

Now that you have some space, what do you want to do next?



Feelings, thoughts, and sensations come and go. You have a choice about what you do next.

Sometimes a feeling, thought, or body sensation can become so big that it feels like it takes over.

The **Wheel of Awareness**, developed by psychiatrist and author Dr. Daniel J. Siegel, gives us a way to understand awareness and practice noticing our experiences without becoming completely consumed by them.

TRY IT WITH YOUR CHILD

1. NOTICE

"What's happening right now?"

You might say:

"I noticed you got really quiet."

"Your hands are covering your ears."

"It looks like something changed."

Keep it observational rather than interpretive.

2. NAME

Explore the wheel together.

"What are you noticing?"

Is it something:

around you?

in your body?

in your thoughts?

in your feelings?

in your connection with someone else?

They don't have to identify everything.

You're simply helping them notice without judgment.

3. CENTER

Ask:

"What would help you get back toward your center?"

Maybe they need:

movement • quiet • connection • breathing headphones • space • a hug • a break • help

The goal isn't necessarily to make the feeling disappear.

It's to create enough space around the experience that the child has more access to choice.

4. CHOOSE

Once there's more space:

"What do you want to do next?"



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