

For information and ideas on how and when to use The Feelings Wheel with your teen, see the @home pointer, “**Feelings Wheel, Part 1 How & When to Use**” at <https://growfaithathome.org/teens-emotions>

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Going Further — Resources

- **Helping My Teen Manage Emotions** and **Using a Feelings Wheel**: @home resources to equip you to help identify and empathize with your teen's emotions: <https://growfaithathome.org/teens-emotions>
- Find additional resources for parenting, marriage, and other seasons of life at <https://growfaithathome.org/>

Going Further — Church Support

Fusion is great places for teens (grades 6-12) to meet friends and learn more about God, faith, and so much more! Fusion meets Sundays from 5:30-8:00 p.m. Get more info here:

- <https://staffordcrossing.org/fusion>
- Email fusion@staffordcrossing.org



Feelings Wheel, Part 2

The Feelings Wheel

Helping families
trust and follow Jesus

@home

SIGN-EM-FEEL



WHEEL