

# ≡ 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

