

PSHE: All about me

The relaxation spin wheel is designed to give young people ideas about how to relax. This can be used to calm down after a behaviour incident or when a young person is feeling anxious or stressed.

You will need to make the relaxation spin wheel below. Please cut it out and put a split-pin in the middle. You could also paint or draw on a lazy Susan if you want to be more creative.

Encourage the young person to spin the wheel and practise doing the relaxation exercise together.

Whenever they feel anxious, they can take the relaxation spin wheel out of their pocket or their bag and choose which relaxation strategy to use.



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Task: Create your own relaxation spinner: use the example to help you if you're stuck for ideas. Don't forget to make this as colourful and creative as you can!

Attach your arrow with a split pin.

