

EPIC TIP: HOW TO USE ENGINE PLATES

# MAKE YOUR OWN ENGINE PLATE

HELP YOUR CHILD IDENTIFY THEIR EMOTIONS AND EMPOWER THEM TO USE THEIR WORDS TO COMMUNICATE HOW THEY FEEL

## Supplies You Will Need



Click each item to  
"Add to Cart!"



White paper plate



Markers



Construction paper



Fastener

## Instructions

1. Divide the top half of the paper plate into three sections.
2. Color in one section red, another blue, and the last one green.
3. Cut out an arrow using the black construction paper.
4. Use the fastener to secure it to the middle of the plate.
5. Have your child write their name in the bottom half of the plate.

## What the Engine Plate Means

Our bodies run like an engine. Throughout the day, use this plate to help your child identify how they are feeling. Have them move the arrow on their plate to the area that they think best describes their emotions in that moment. Then, brainstorm ways they can help regulate that emotion!



### **Red**= Engine is Running Fast

Your child might be feeling hyper, full of energy, angry, scared, or cranky.

### **Blue**= Engine is Running Slow

Your child might be feeling tired, lonely, sad, hungry, or worried.

### **Green**= Engine is Running Smoothly

Your child might be feeling calm, relaxed, ready to learn, able to concentrate, well fed and rested.