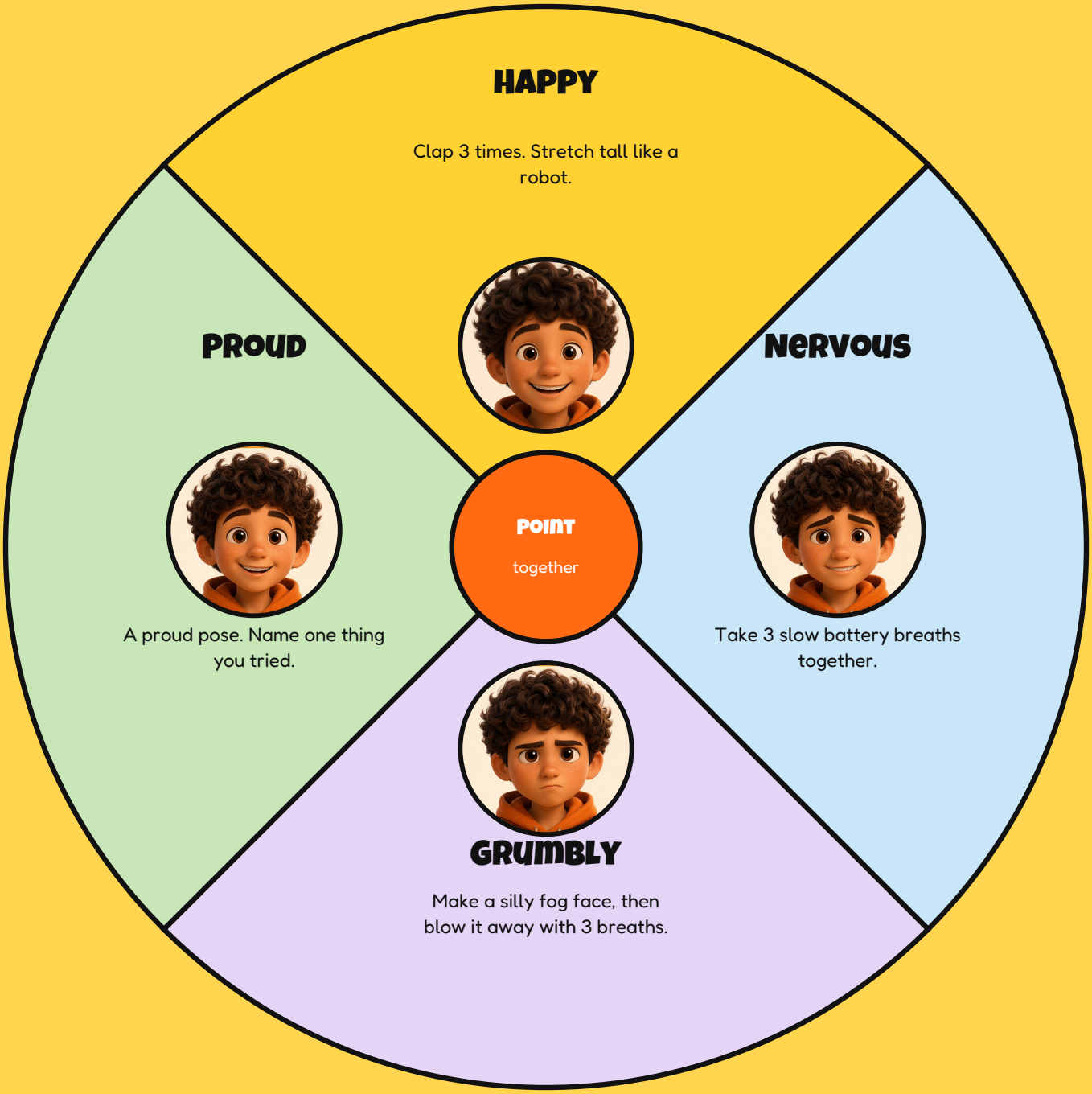
Let's Go Play!

Milo & Zoom Feelings Wheel · Point to how you feel, then do the move together

With a grown-up, point a finger at the feeling that fits right now, then try the move together. Big feelings are okay, and trying counts. You do not have to do every move.



Point with a finger · Then do the move together

For grown-ups and families. Do every activity with a grown-up. No climbing furniture or ladders.
A helmet for anything with wheels. Do not pick or eat plants you find outside. No dangerous dares.
Trying counts. Big feelings are okay. Characters come from an AI-animated series. YouTube @BrightSideCityTV