



PHED 1164

Introduction to Physical Fitness and Wellness

Rubric: Wheel of Future

Core Objective: PR, SR | SLO: 2 & 5

GOAL: Emotions are chemically induced feelings triggered by the brain's response to events in the environment. While we cannot control our brain's automatic response to release chemicals when it perceives stimuli anymore than we can control our heartbeat, we *can* control how we respond to our emotions by improving our ability to process them. The purpose of this assignment is to identify the events and stressors that trigger emotions and connect them to their underlying causes in order to form a plan of how to manage these circumstances or avoid them altogether. If we can identify the root cause of an emotion, we can better understand it, process it, and respond to it accordingly.

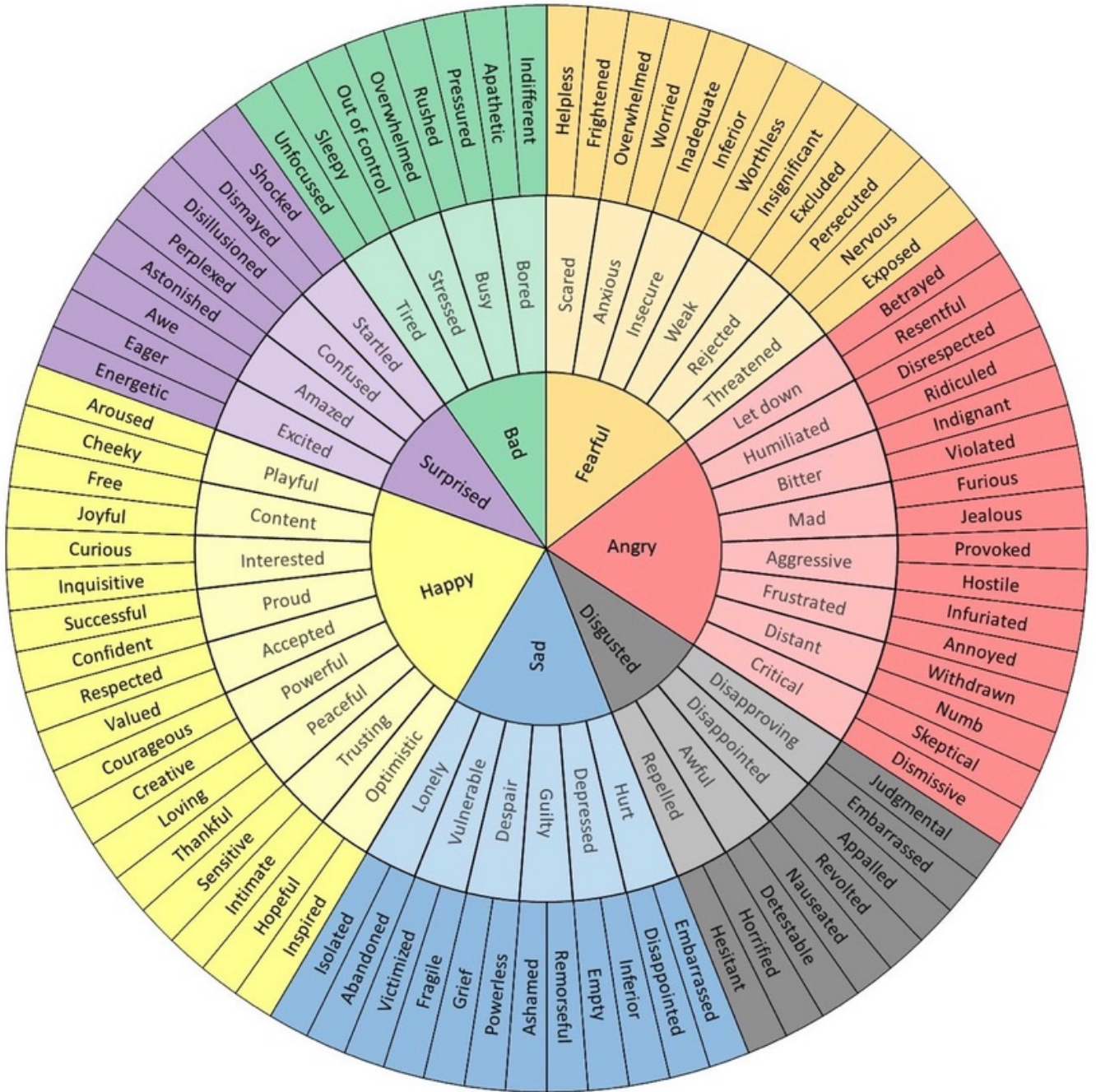
INSTRUCTIONS:

1. In the graphic below there is a color wheel with different emotions and events. The **center** (Surprised, Happy, Bad, Fearful, Angry, Disgusted, Sad) is the emotion. The **outer layer** is the life event(s) or response to stimuli you experienced that triggered the emotion. The **middle layer** is how you felt when you processed that life event in the outer layer, leading to the emotion in the center.
2. This assignment is worth 25 points. You are to reflect on a time when you felt an emotion (center), then identify the outer layer piece that triggered that emotion, as well as the middle layer piece of how you processed the life event or stimuli in the outer layer. Each time you identify a piece, color code it according to the chart. Each piece of the pie you identify no matter how big or small is worth 1 point. You must then form a conclusion after identifying/connecting your pie pieces and underline it. This conclusion will be in the form of a lesson learned that you will carry forward with you. This is VERY open ended, it could be a takeaway, an epiphany, a different way to handle the situation, anything you will carry forward with you in future. You may use multiple pieces in a layer as long as it applies to your memory, you do not have to use just one.

Ex. My friends told me to clear out my Saturday night because they got me a surprise gift which made me **eager** to find out what it was because I remembered that I told them how bad I wanted to go to the concert Saturday. I was **excited** the whole day which really **surprised** me because I expected to have a lackluster birthday as usual. In future, I will recall that surprises aren't always bad things and the best type of surprises cause you to surprise yourself with something positive where you are expecting a negative. (This would earn 4 points, 3 for each pie piece, and one for the future implication.)

Ex. I remember how extremely **sad** I felt when I saw an old high school friend of mine homeless asking for change on the side of the road. I didn't have anything I could give nor did I know how to help because my own financial situation was tight. This caused me to **despair** because despite all our fond memories and the place he held in my heart, I couldn't do anything for him because I was so **powerless** in the situation. I even felt bad for feeling bad because he is a strong and capable person that wouldn't want pity. I realized that in actuality, it was my powerlessness to help him that caused me so much sadness. Not that he had fell on such hard times, because I was going through hard times too. I will empower myself to help others by changing 5 dollar bills into ones and keeping coins in my car, I could also do more to help the homeless and keep in better touch with my old friends. (4 points)

SUBMISSION/GRADING: The assignment will be submitted as a color coded Word doc. Points will only be deducted for completion. Each memory will be it's own paragraph, if you are able to score more than 25 points, however many extra points you scored will be added on to your Exam 2 grade, up to 5 points.



Borrowed (temporarily and without permission) from [Geoffrey Roberts](#).