

Free Tools from Human Systems

Human Systems offers several free online tools at [HumanSystems.co](https://humansystems.co) that can be accessed easily via desktop or mobile devices. Below is a description of each tool, the online address, menu navigation instructions, and a QR code for the tool. Please see HS Fair Use Policy (see navigation instructions on the back page) for guidelines on copyright and licensing information.

HS Virtual Emotion Wheel (VEW)

A simple, self-guided tool to identify the emotion that best fits experience. Definitions of each emotion aid in increasing emotional vocabulary. Includes questions to raise self-awareness around the origin of specific emotions.

Menu Navigation: *HS Ideas* → *Emotion Wheels and Needs Wheels* → click on *About the Emotion Wheel and Suggestions for Use* drop-down section → click on *HS Virtual Emotion Wheel (VEW)* link in the “About the HS Emotion Wheels” section



HS VEW

Link: <https://humansystems.co/vew/>

HS Virtual Needs Wheel

A simple, self-guided tool based on the HS Needs Wheel II to identify the need highlighted by emotion and experience. Definitions of each need aid in increasing needs vocabulary. Includes questions to raise self-awareness around the origin of specific needs.



HS VNW

Menu Navigation: *HS Ideas* → *Emotion Wheels and Needs Wheels* → click on *About the HS Needs Wheels & How to Use* drop-down section after Emotion Wheels → click on *HS Virtual Needs Wheel (VNW)* link in the “Suggestions for Use” section

Link: <https://humansystems.co/vnw/>

HS Animal Spirit Discovery Cards Online Game

Based on the popular Animal Spirit Discovery Cards, the ASDC Online Game is a free and fun way to play with the cards. ASDC packs are available for sale in the HS Shop.

Menu Navigation: *HS Ideas* → *Animal Spirit Discovery Cards* → click on *ASDC Online* link



HS ASDC
Online

Link: <https://humansystems.co/asdc/>



Human Systems

Healthy Systems | Human Wellbeing

HS Emotion & Needs Wheels



Research-based, scientifically developed tools to easily identify emotions and needs. Includes Emotion Wheels I, II and III and Needs Wheels I and II to accommodate variations in individual awareness as well as emotion and need vocabularies.

HS Emotion &
Needs Wheels

Menu Navigation: *HS Ideas* → *Emotion Wheels and Needs Wheels*

Link: <https://humansystems.co/emotionwheels/>

HS Body Sensations Wheels System

Research-based, scientifically developed tools designed to aid identification of body sensations. Includes external and internal human body diagrams designed to be race- and gender-inclusive, as well as two wheels that include action, function, movement, space, pressure, temperature, and composition categories.



HS Body
Sensations

Menu Navigation: *HS Ideas* → *Body Sensations Wheels System*

Link: <https://humansystems.co/body-sensations-wheels/>

HS Idea Lab



A section of the HS Shop that contains Human Systems products in development that are available for free testing.

Menu Navigation: *HS Shop* → click on *HS Idea Lab* in product menu on the left

HS Idea Lab

Link: <https://humansystems.co/product-category/idea-lab/>

HS YouTube Channel

Contains original videos from Human Systems on explanations and suggestions for using HS tools and ideas, as well as original research.

Navigation: Type *@humansystems3940* into the search bar on YouTube.

Link: <https://www.youtube.com/@humansystems3940>



HS YouTube
Channel

HS Fair Use Policy

Link: <https://humansystems.co/wp-content/uploads/HS-Fair-Use-Policy-3.2024.pdf>



HS Fair
Use Policy