

## Emotion Wheel

For many children, recognising their emotions comes quite naturally, but others need to be taught how to identify their emotions. The Emotion Wheel is beneficial to all children as it can be used in helping expand their emotive vocabulary. This activity set also covers the physiological, behavioural and cognitive aspects to emotions.

1. **Emotion Wheel:** a visual that looks at different emotions and how they may affect facial expressions and inner feelings.
2. **Emotion Colour Wheel:** an alternative (and complementary) way to recognise and identify feelings before labelling them.
3. **Why? Wheel:** helps to pinpoint and recognise the range of reasons we feel different emotions.
4. **What's Happening? Wheel:** looks at what happens to our bodies when we experience emotions. These can also help with the more complex emotions while noticing some differences and similarities in feelings.
5. **Work Out Wheel:** strategies that can help during the bigger emotions, or to look at what children do (eg. feeling safe they may be more at ease in their own company to read or draw, or be more helpful towards others).

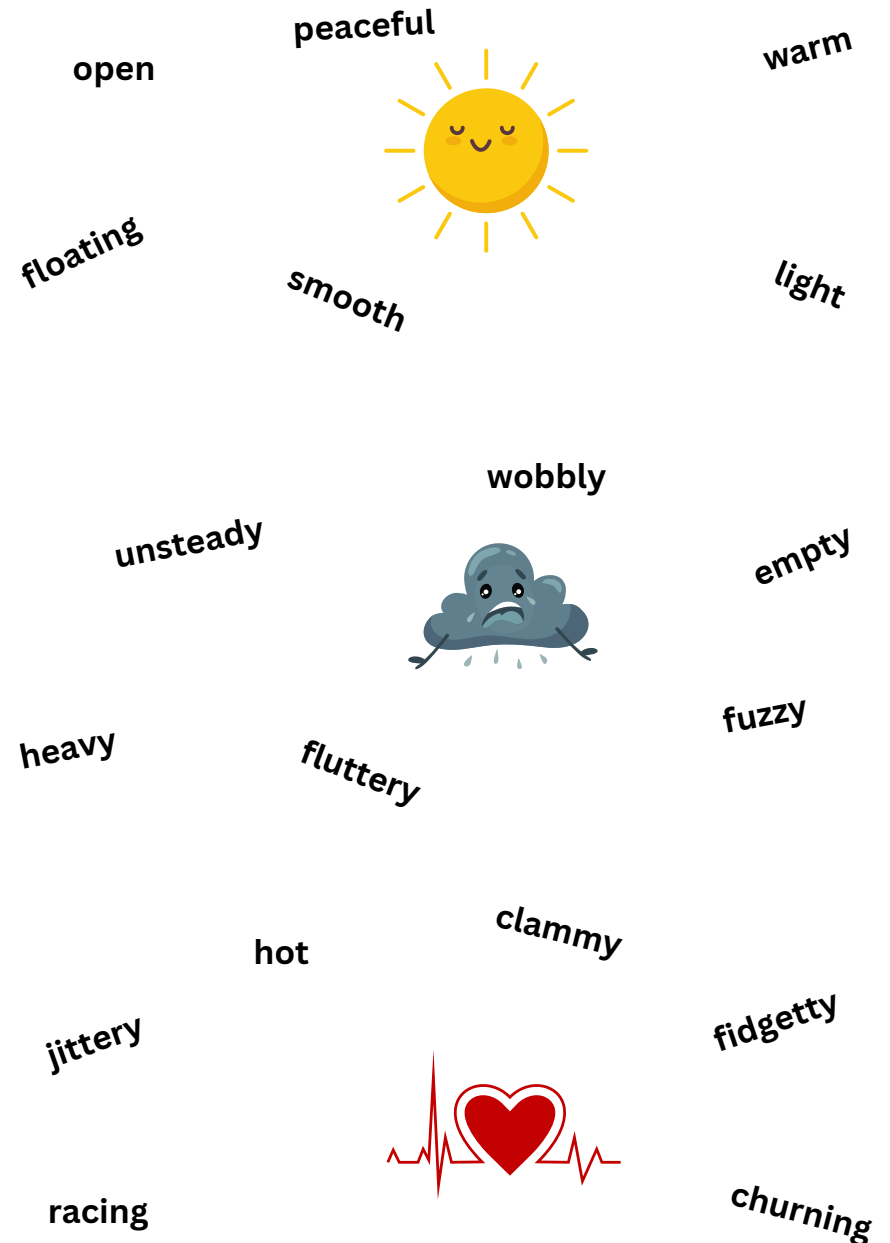
The more children learn and understand about emotions, the greater the benefits long term in:

- achieving better in school
- developing better coping skills
- better mental health
- displaying fewer behavioural problems
- becoming more resilient
- being supportive of others
- increasing self esteem and confidence.

\*Suitable for a range of ages (the more complicated ones can be used at a later stage).

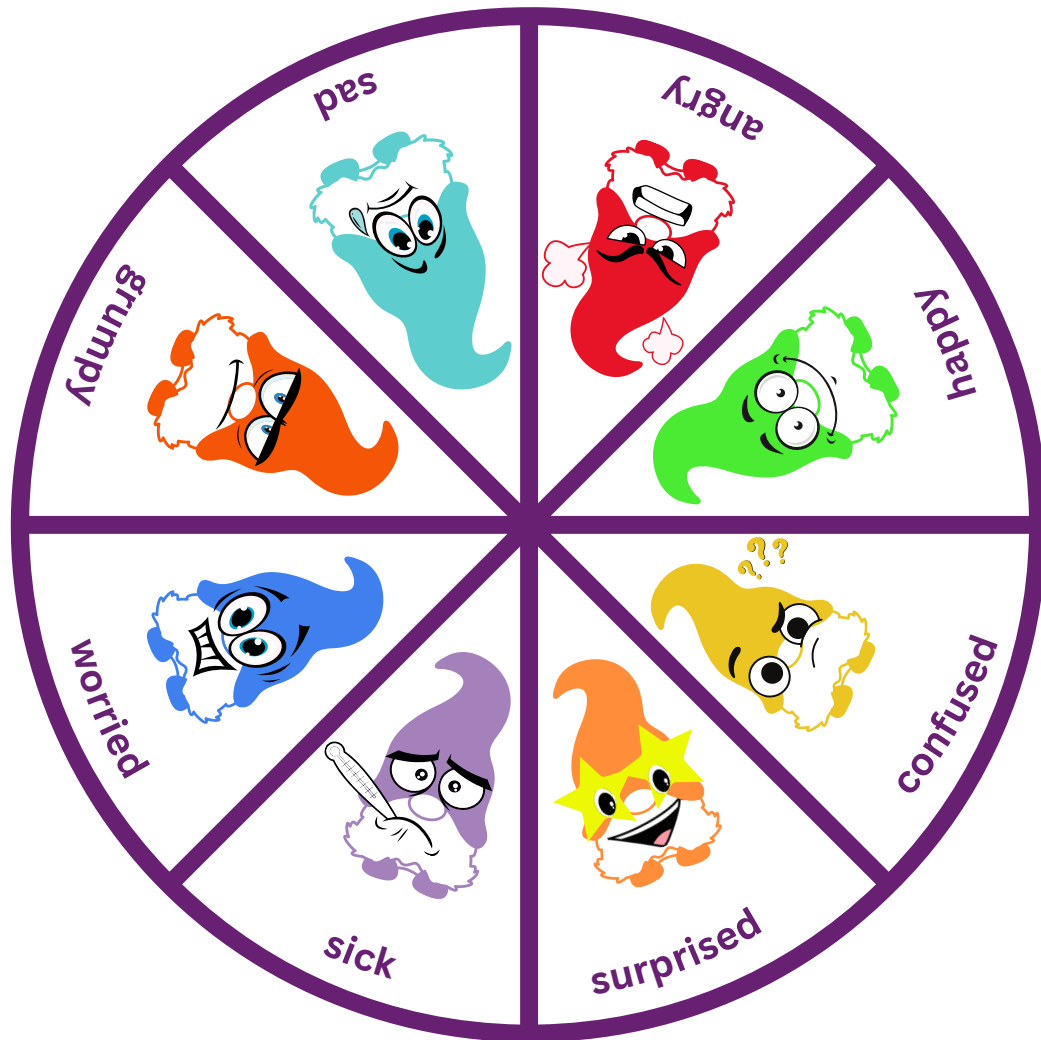


## FEELINGS WORD BANK



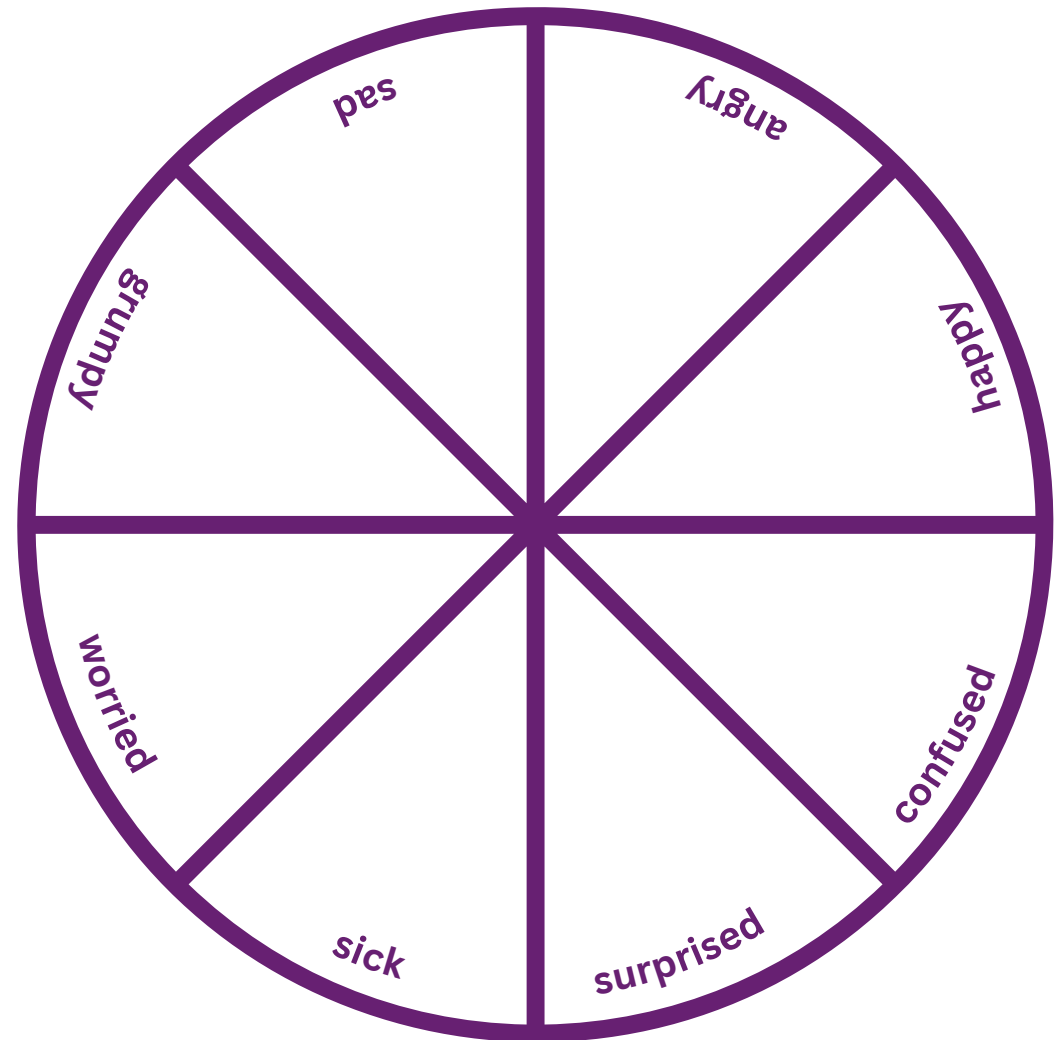
## Emotion wheel

There are eight emotions on the wheel. Can you remember a time you felt any of these emotions?



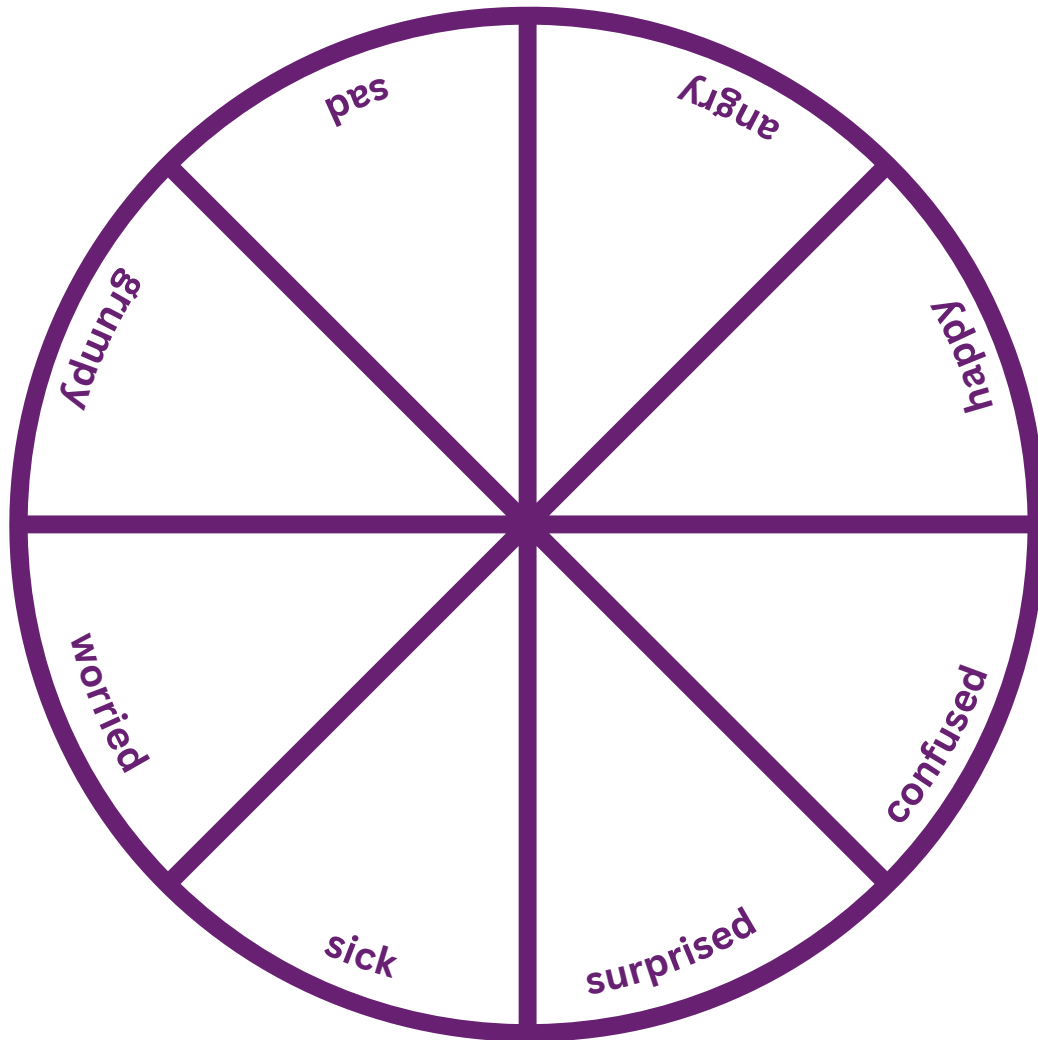
## Emotion Colour wheel

What colour, colours, shapes or patterns would you give these emotions?



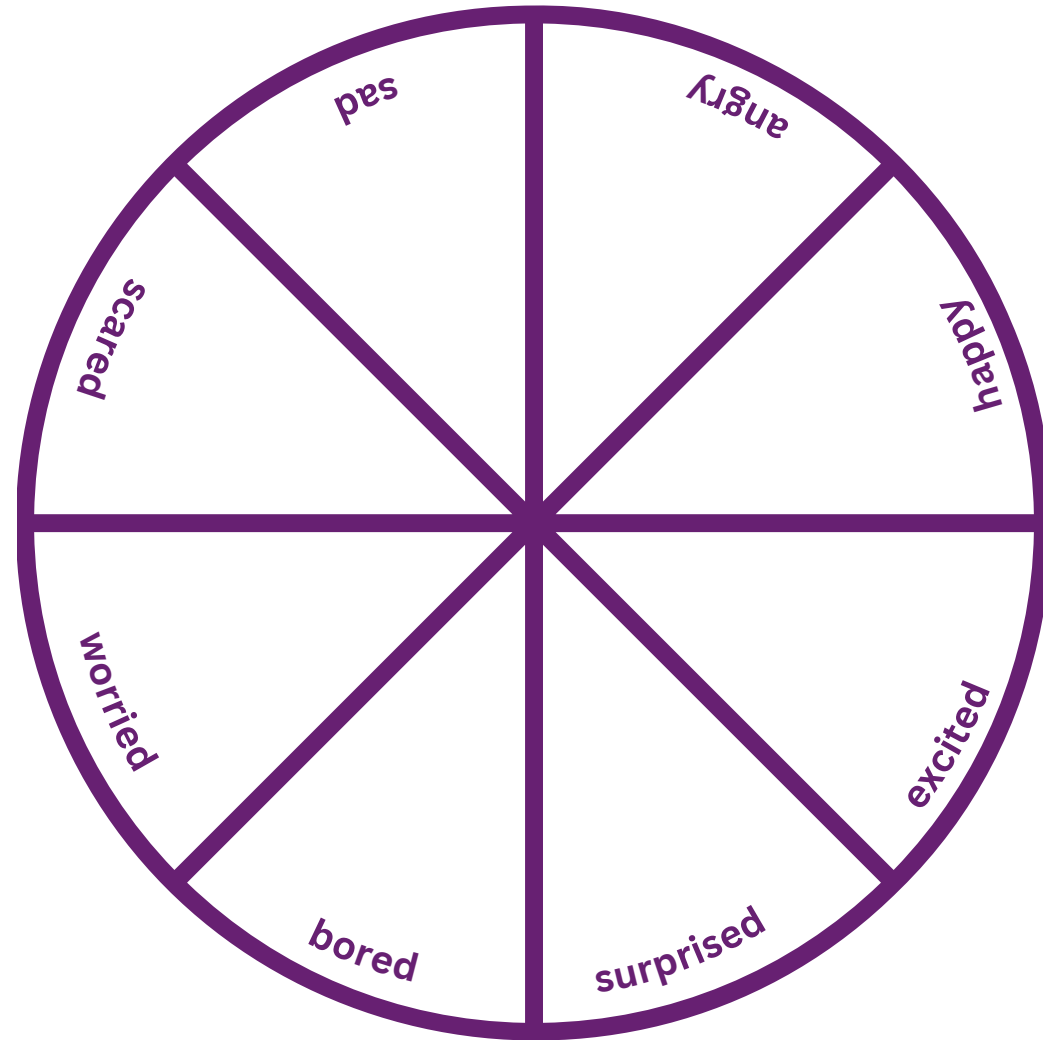
## 'Why?' wheel

Write in the 'Why?' Wheel the reasons that can make you feel these different emotions (example: angry = losing a game, sad = arguing with a friend, sick = headache, tummy ache).



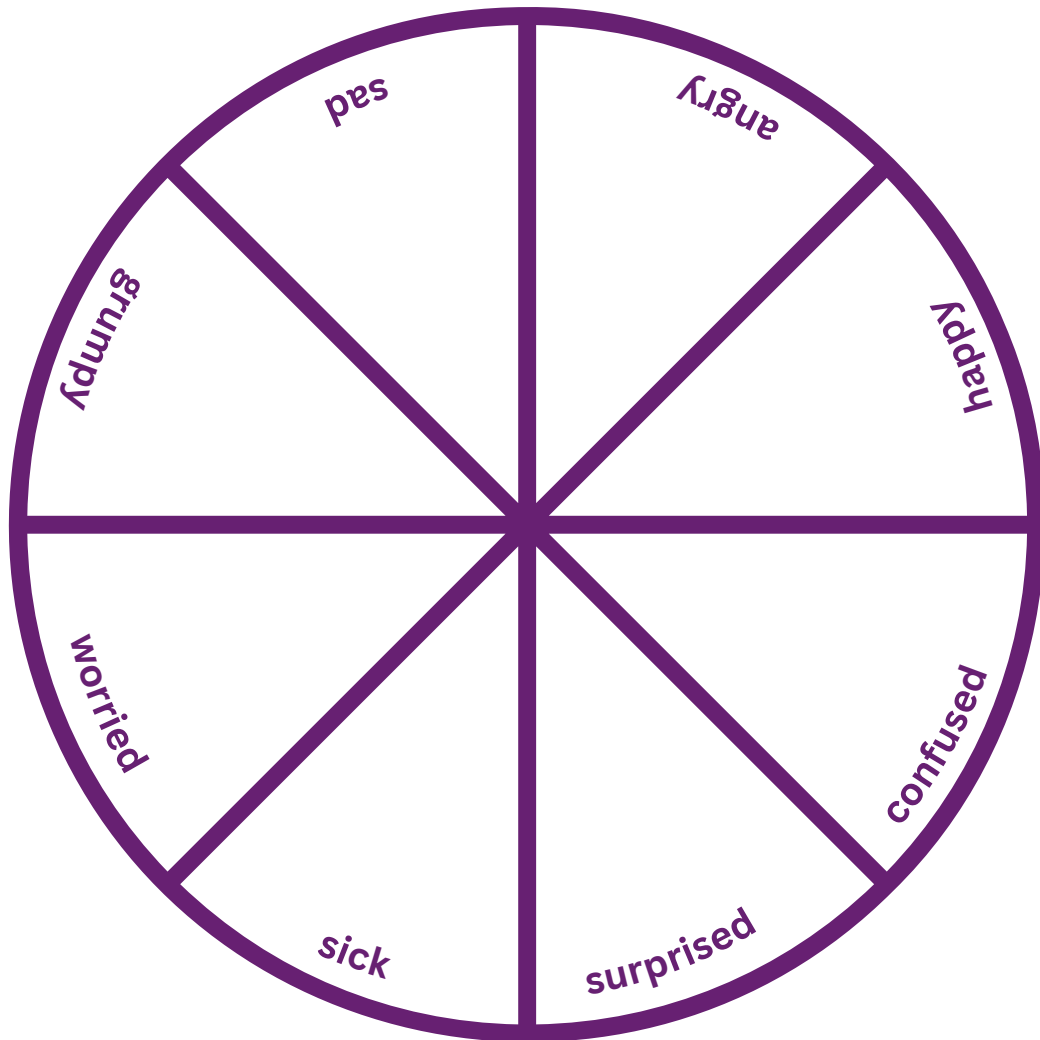
## 'What's Happening?' wheel

Write in the wheel what happens to your head/body when you feel these emotions. Some might be the same, for example: happy and surprised may make your body feel lighter, or worried and scared may make your hands shake.



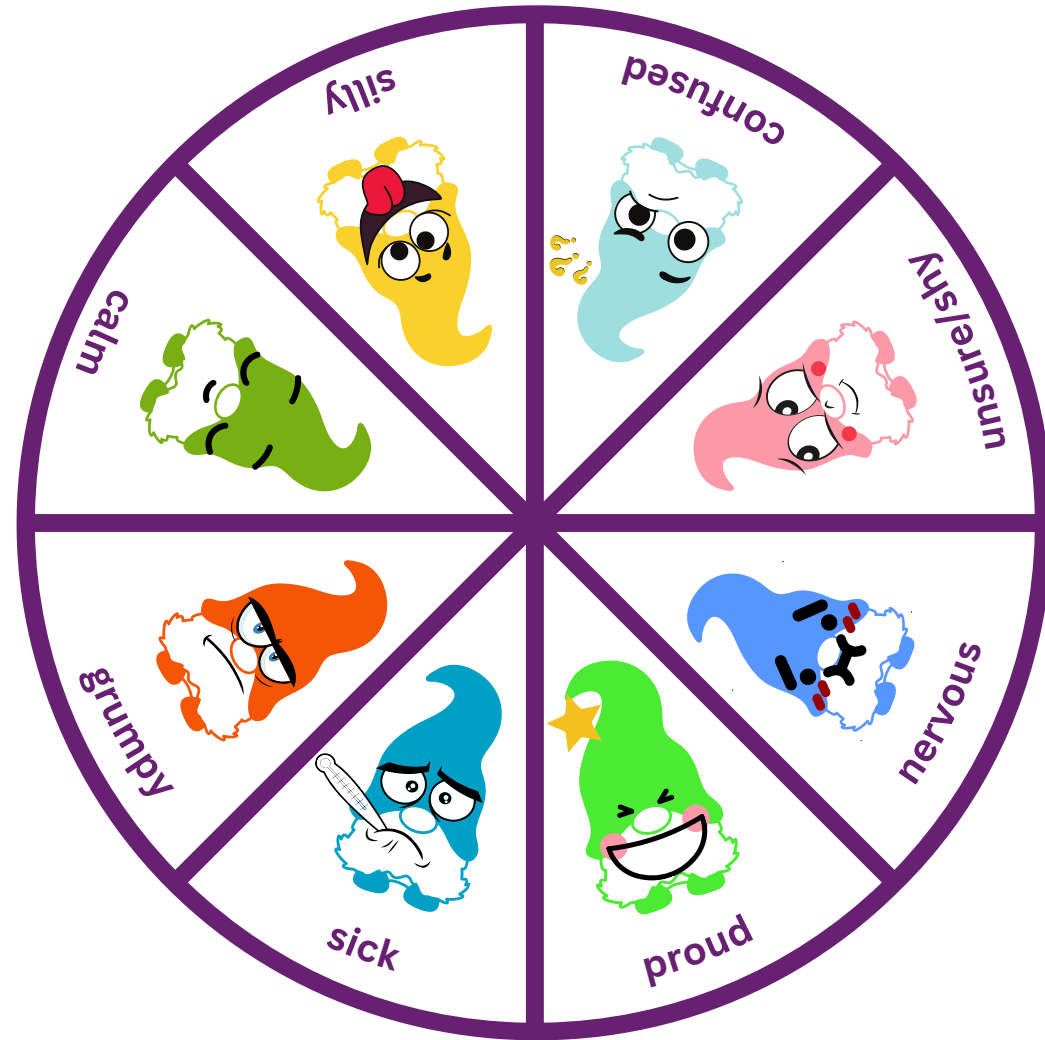
## 'Work Out' wheel

All emotions are ok and everyone goes through them. By using the 'Work Out' Wheel you can find positive ways that will help you with these emotions. (Example: talk to someone, apologise, rest in bed, write or draw in a notebook, ask for a hug, sharing good news).



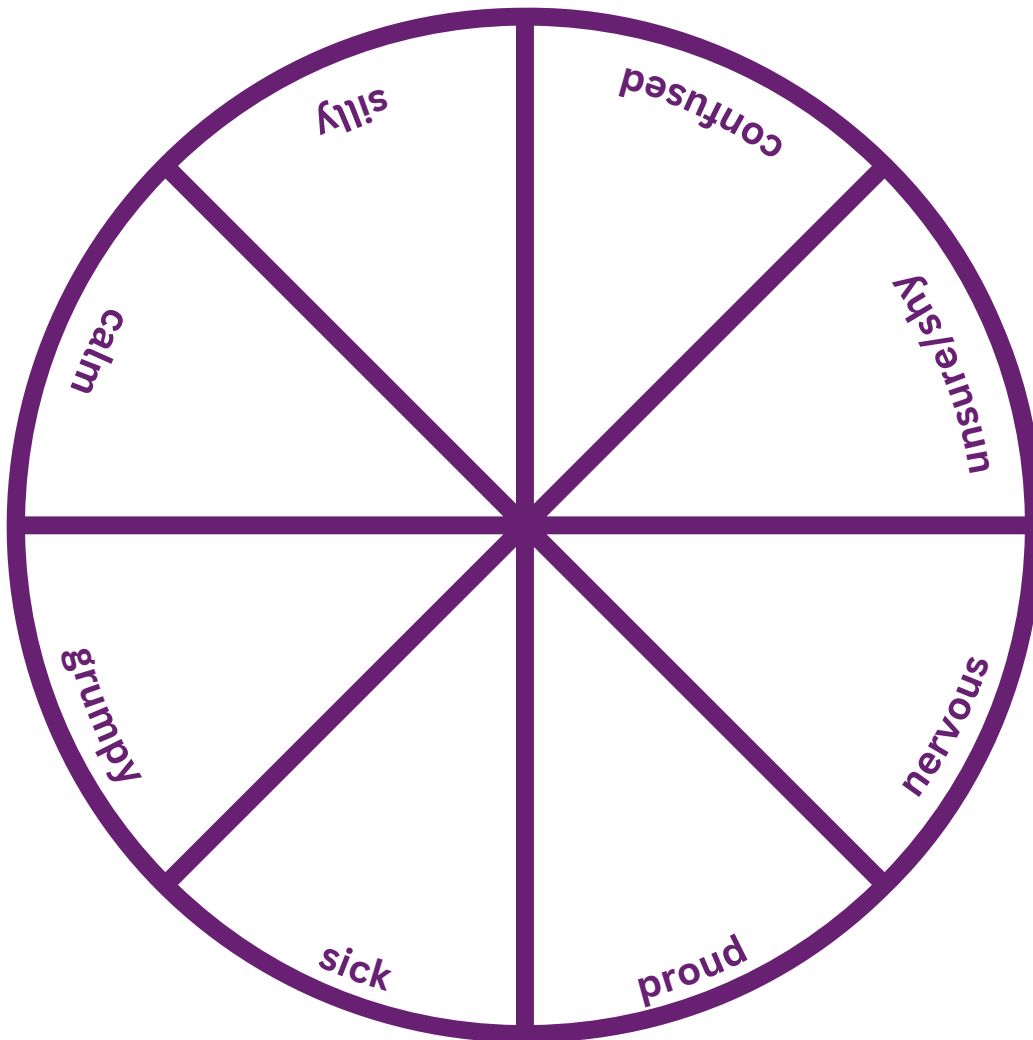
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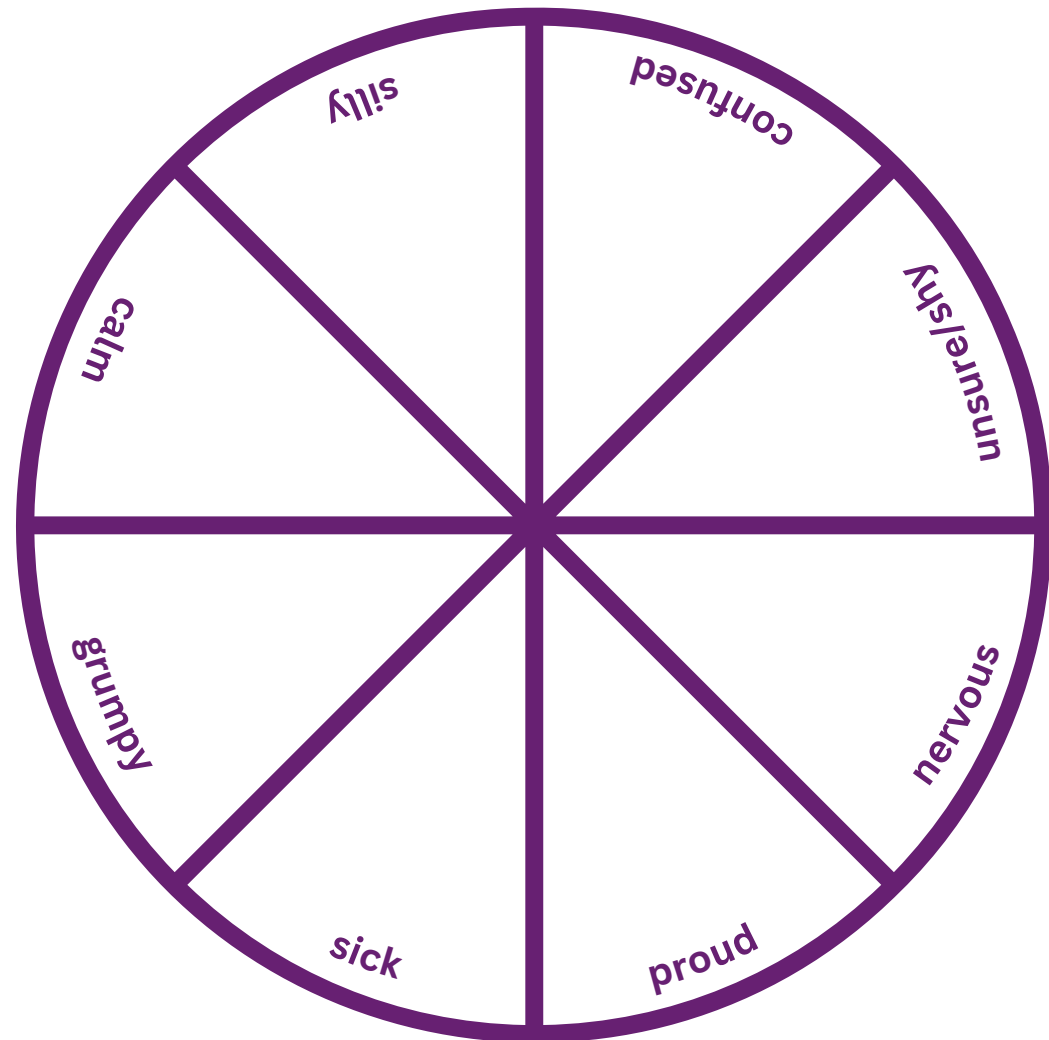
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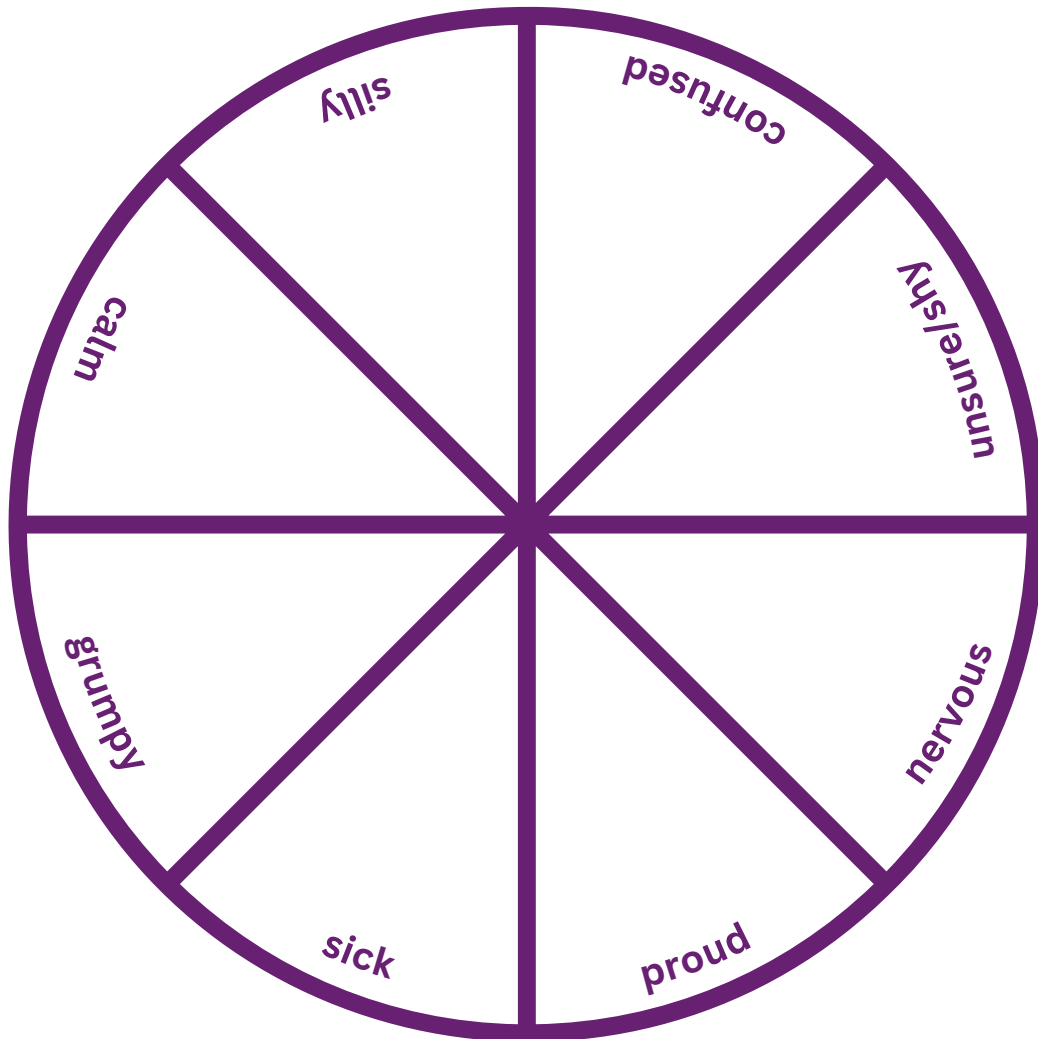
## 'Why?' wheel

Write in the 'Why?' Wheel the reasons that can make you feel these different emotions (example: confused = not understanding, grumpy = feeling tired, silly = embarrassed).



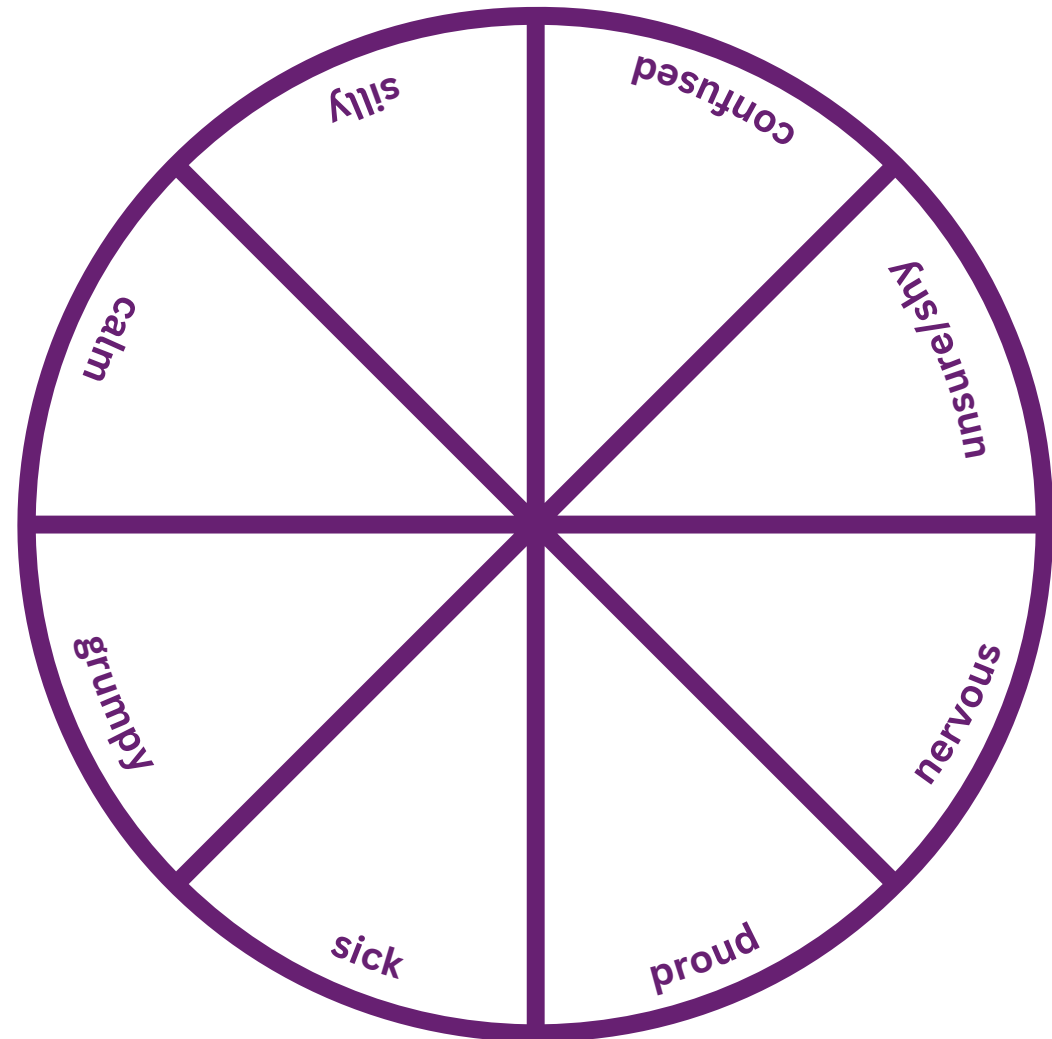
## 'What's Happening?' wheel

Write in the wheel what happens to your head/body when you feel these emotions. Some might be the same, for example: silly and shy may make your heart beat faster.



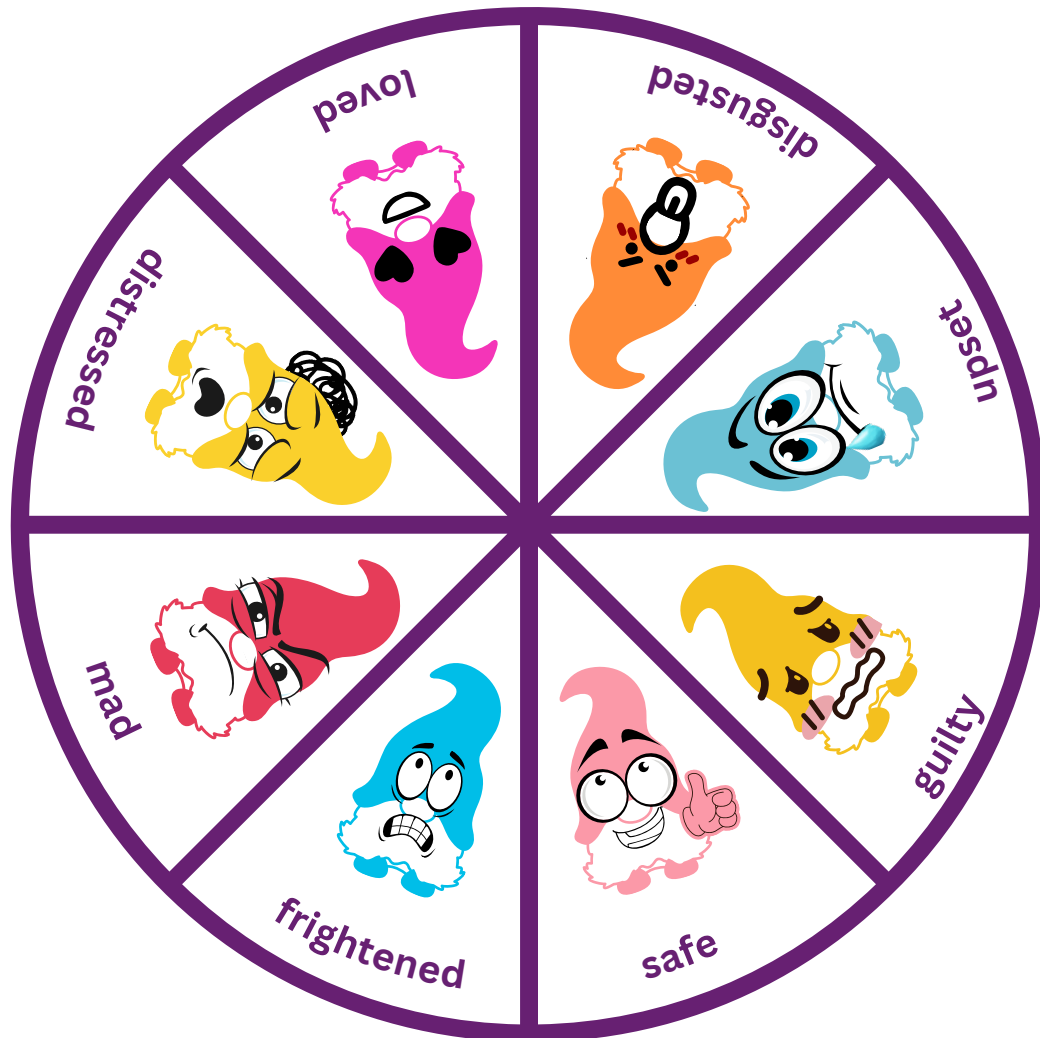
## 'Work Out' wheel

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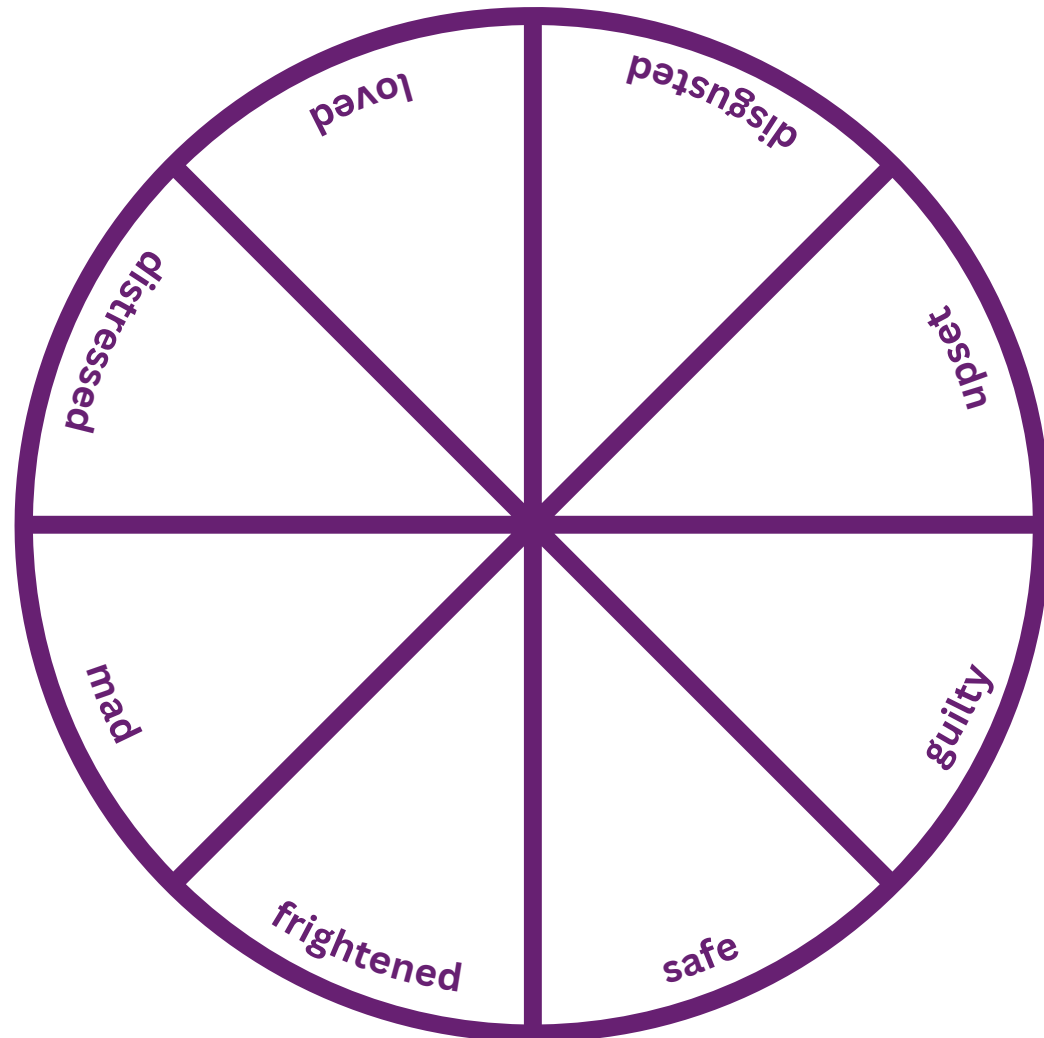
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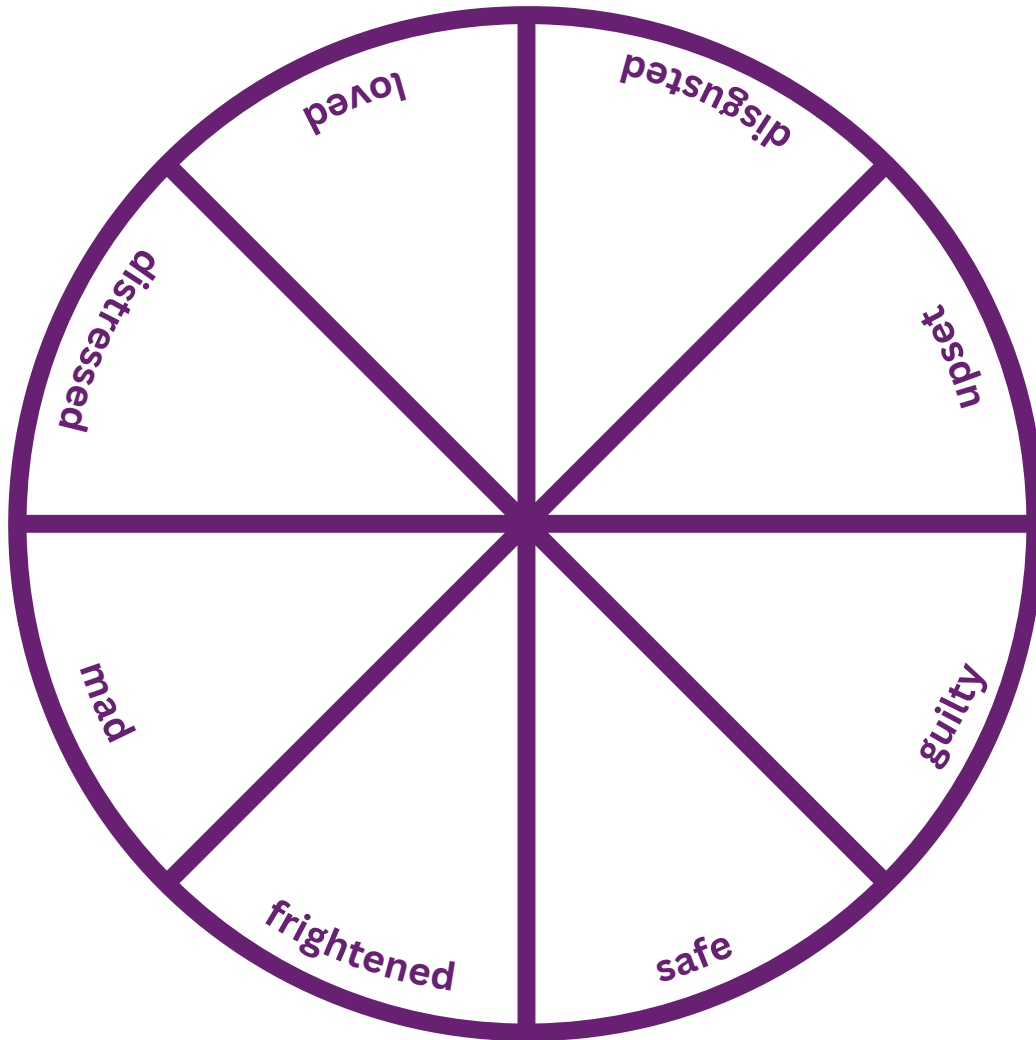
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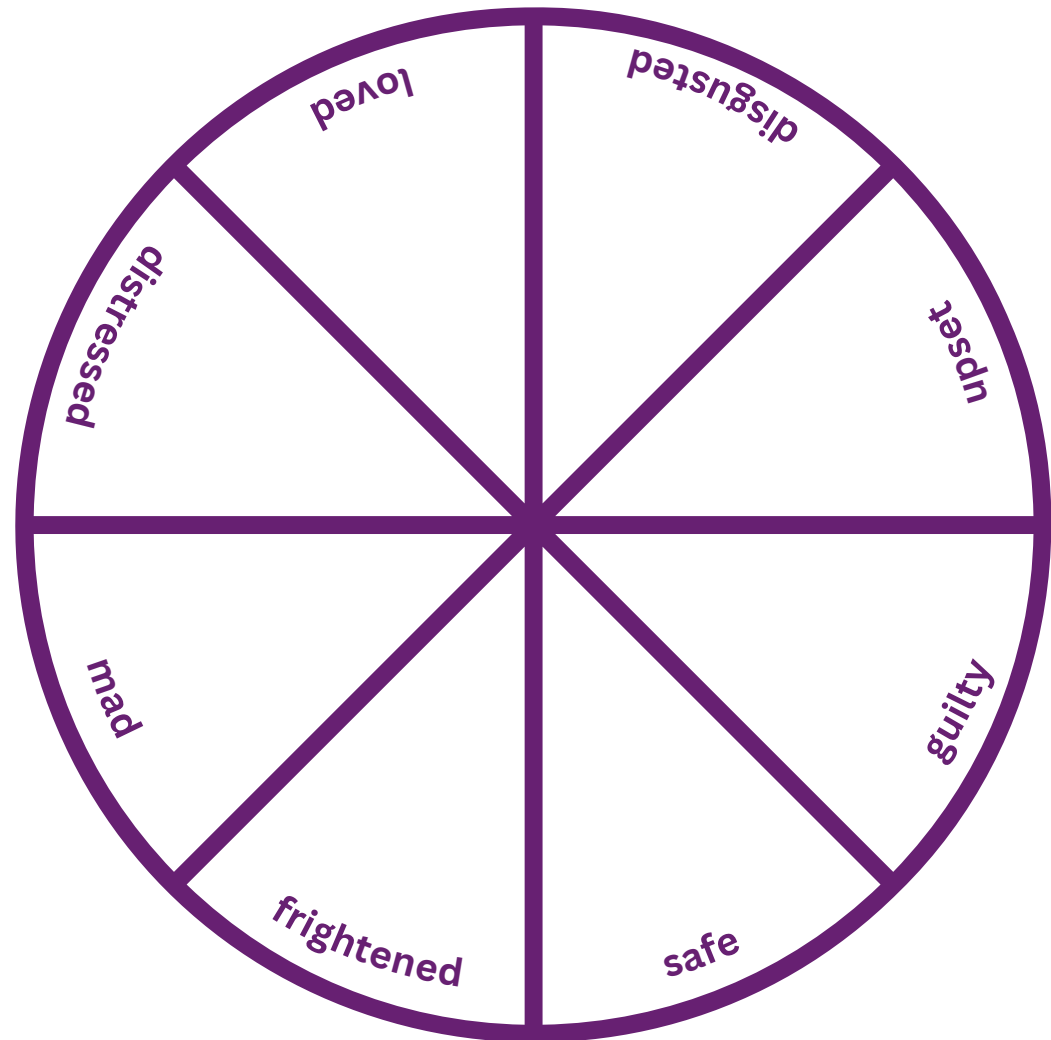
## 'Why?' wheel

Write in the 'Why?' Wheel the reasons that can make you feel these different emotions (example: disgusted = seeing/tasting something/worrying, safe = confident/happy at home/school, upset = feeling ill).



## 'What's Happening?' wheel

Write in the wheel what happens to your head/body when you feel these emotions. Some might be the same, for example: guilty and upset may give you a stomach ache.





## 'Work Out' wheel

All emotions are ok and everyone goes through them. By using the 'Work Out' Wheel you can find positive ways that will help you with these emotions. (Example: talk to someone, help a family member or friend, apologise, write down your thoughts in a journal or notebook).

