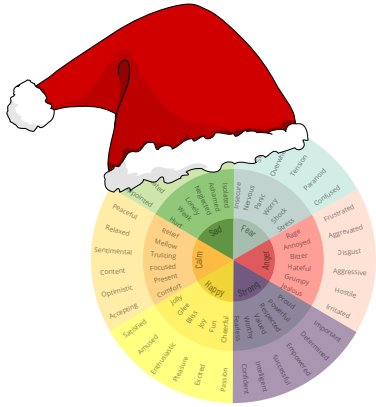


Emotions Wheel



When we develop our language of emotions, we can start to use them in the following ways:

- Communicate to those around us how we are really feeling
- Understand more about how others feel emotionally
- Learn what events and circumstances make us feel a certain way

The Feelings Wheel helps us to expand our knowledge of emotions and then how to use that knowledge to help us manage any bad feelings that we would like to get rid of and encourage the good ones.

“
**why not cut out
the feelings wheel
or make your own?**
”

Here are just some of the ways you can use the emotions wheel on your own, as a family or as class or group:

- Instead of just using the basic emotions shown in the middle of the wheel, why not learn what the others mean and then think about or discuss when you you have felt them in the past?
- If you find it difficult or you don't feel like talking about your emotions then show others how you feel using your emotions wheel.
- Use the blank emotions wheel on the other side to add your own colours to your emotions. This can be great when describing your emotions for example "I have a red feeling in my head" or "I just feel a bit blue".
- Discover ways that work for you to manage big emotions that can make you unhappy or maybe get you into trouble.

Emotions Wheel

