



Emotion Wheel

Materials/Assembly

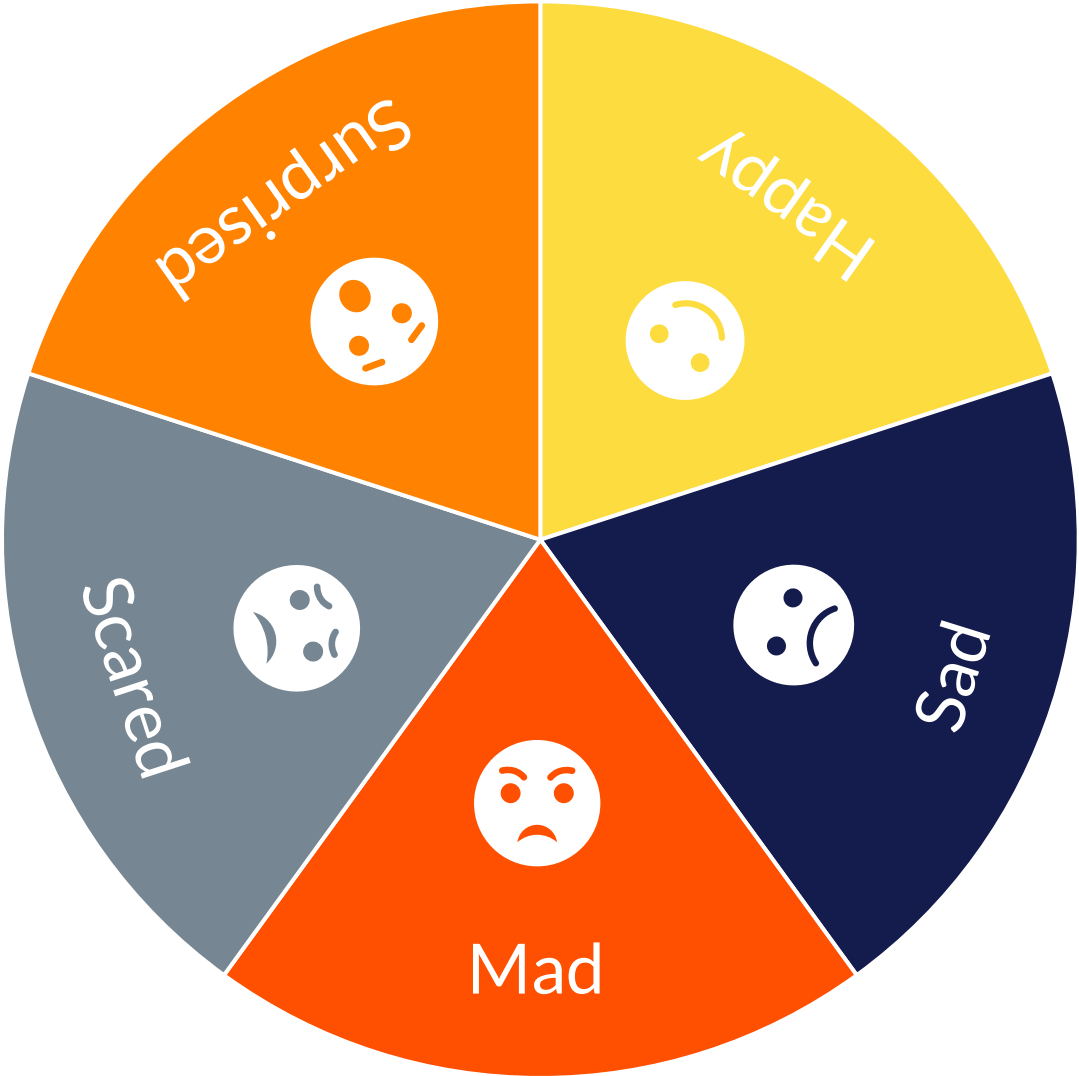
For students who would benefit from a visual way to narrow down the emotion options on the wheel, consider using the included wheel cover. Print the wheel cover and attach it on top of the emotion wheel using a fastener so that the wheel cover can spin.

Instructions

- An emotion or feelings wheel can be used as a visual support during a variety of emotion vocabulary teaching activities. An emotion wheel is one way to provide more support for answering open-ended questions about emotions during activities such as:
 - Identifying how a character is feeling when using written scenarios or media such as video clips.
 - Labelling emotion faces, such as “*Look at this person’s face. How do you think they are feeling?*”
 - Answering questions when exploring their own feelings, such as “*How would you feel if...*”
 - Identifying how a character is feeling when reading or writing narratives.
 - Checking in about the student’s emotions at different points in the day.
- This tool can also be used as a visual support for helping a student use more complex and accurate vocabulary to identify their own emotions as part of emotional regulation, such as:
 - To help students identify how they are feeling during a ‘cool down routine’.
 - During a conversation with a student about how they are feeling.
 - During a reflective conversation with a student about how they felt during a past situation or how they may feel about a situation in the future.

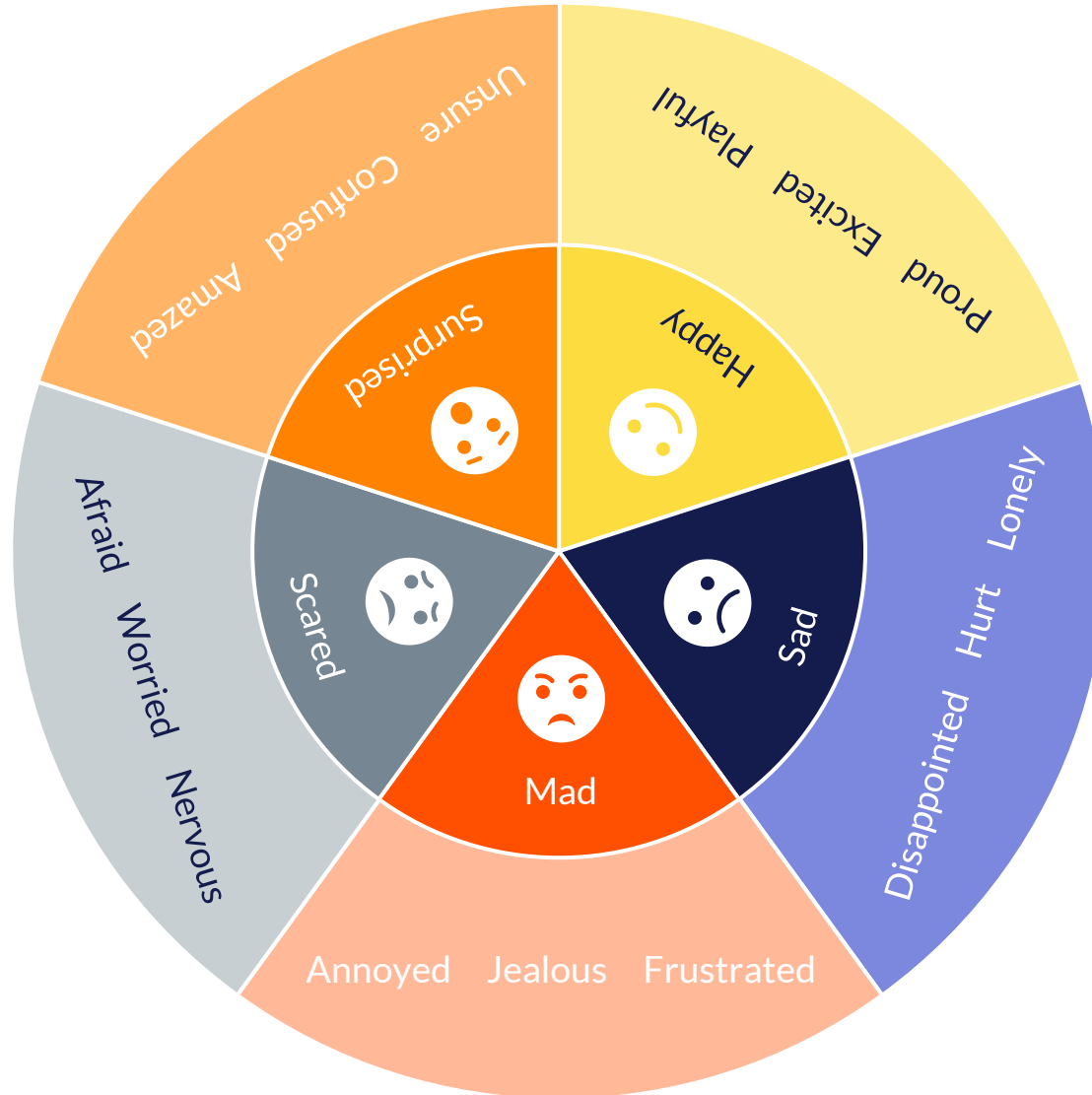


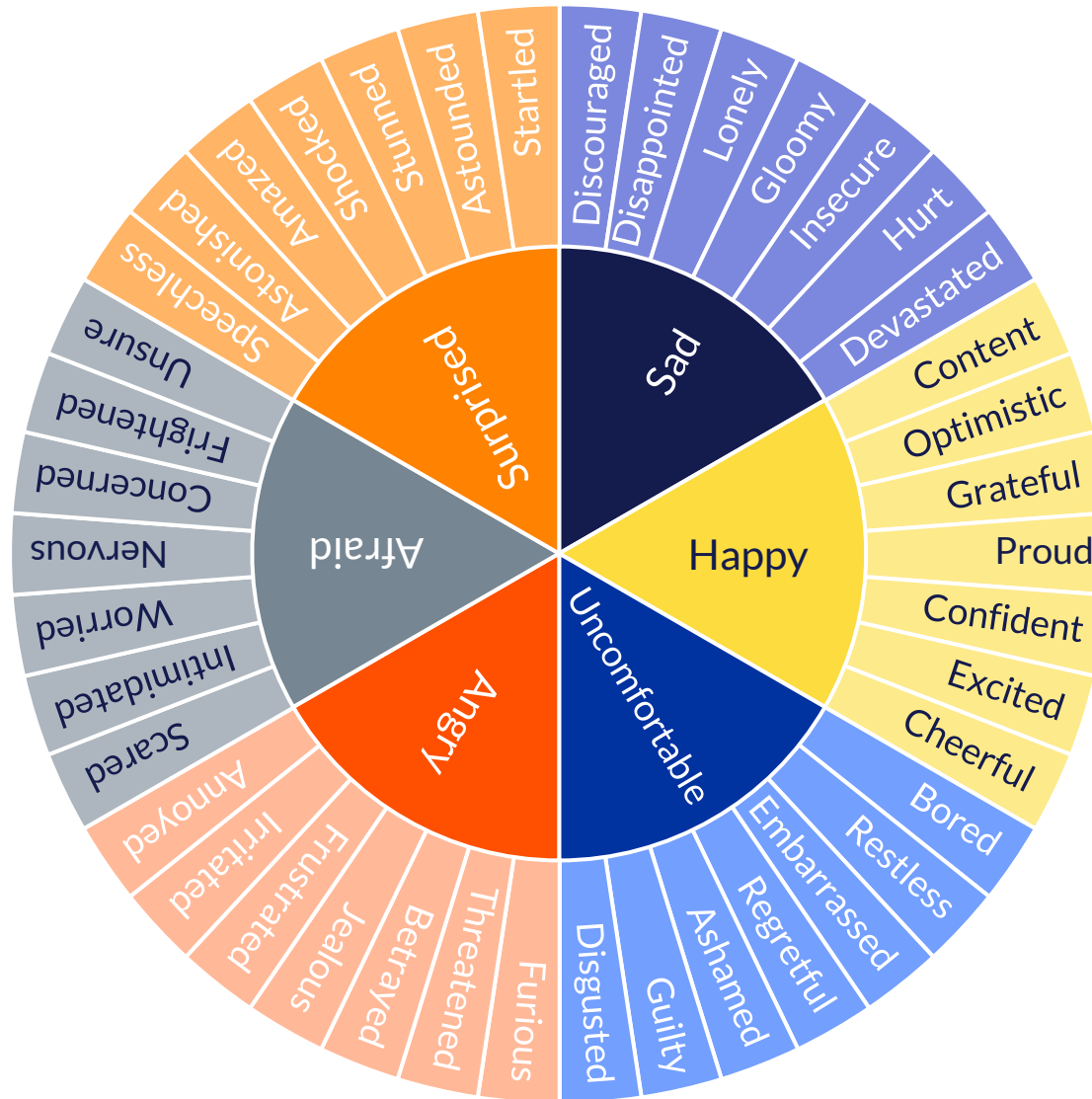
Emotion Wheel 1





Emotion Wheel 2







Emotion Wheel Cover

