

# Emotion Wheel

The emotion wheel can be used with children of all ages who are struggling to express their current feelings. By identifying an image they can convey their current feelings. Using the wheel regularly throughout the day will help children and young people see the changing nature of their feelings and can help reduce anxiety around feeling a certain way.

It could be helpful for this activity to be modelled by adults before use. Make the emotion wheel together with the adult taking the first turn to identify their own current emotion. They could then discuss this further with the child before their turn.

