

# My Emotions Wheel

All emotions are okay! Use this social emotional learning activity to help your second or third grader build emotional awareness by creating a wheel full of pictures that make them feel certain emotions: angry, sad, happy, worried, peaceful, loved, bored, fear, disgust. By helping children craft their own emotions wheel, you will be fostering important skills, such as self-awareness, mindfulness of emotions, and the ability to recognize and manage emotional triggers.

## What You Need

- [Emotions Wheel](#) worksheet
- Pencils
- Colored pencils or crayons



## What You Do:

1. Talk to your child about different emotions.
2. Ask them to name one moment in their day when they felt the following emotions: happiness, boredom, love, anger.
3. Explain that everyone experiences different emotions on different days. Help them understand that there are no "good" or "bad" emotions.
4. Explain to your child that we notice emotions in our body. Remind them that emotions don't last forever; they are always changing.
5. Explain to them that they will be creating an Emotions Wheel to use as a tool to check in with how they are feeling in any given moment.
6. Follow the instructions on the My Emotions Wheel worksheet to help your child create their own wheel.
7. Find time to practice using the wheel throughout the day.

Author: Meena Srinivasan

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Name \_\_\_\_\_

Date \_\_\_\_\_

# Emotions Wheel



Use the wheel below to draw a moment and time when you may have felt the listed emotion.

As you complete this wheel, remember that everyone experiences these emotions, emotions are always changing, and there are no "good" or "bad" emotions.

Emotions listed around the wheel:

