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.

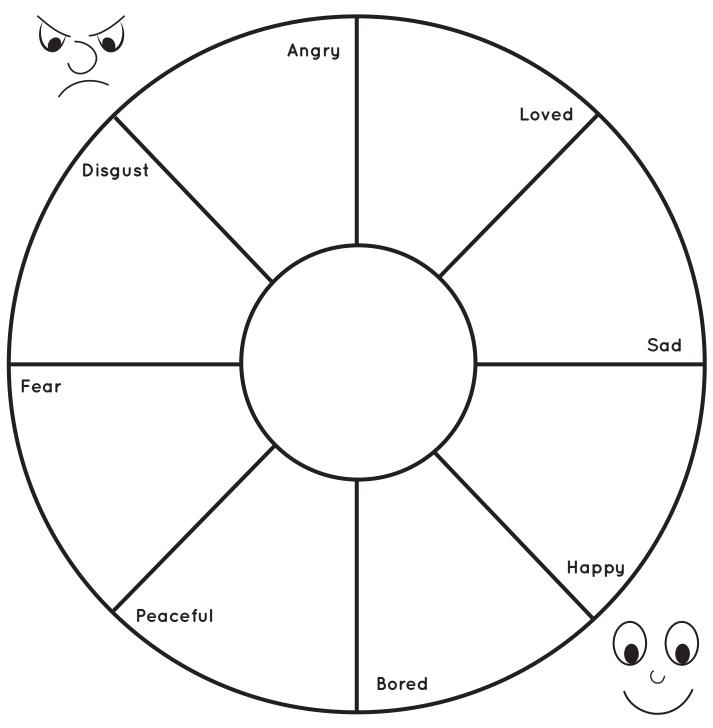
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Use the wheel below to draw a moment and time when you may have felt the listed emotion.

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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:



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