














# Positive Minds; Education

Name: .....

Week of: .....

## Today I Felt:

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Calm								
Surprised								
Happy								
Sad								
Angry								
Frustrated								
Annoyed								
Confused								
Disappointed								
Scared								
Embarrassed								

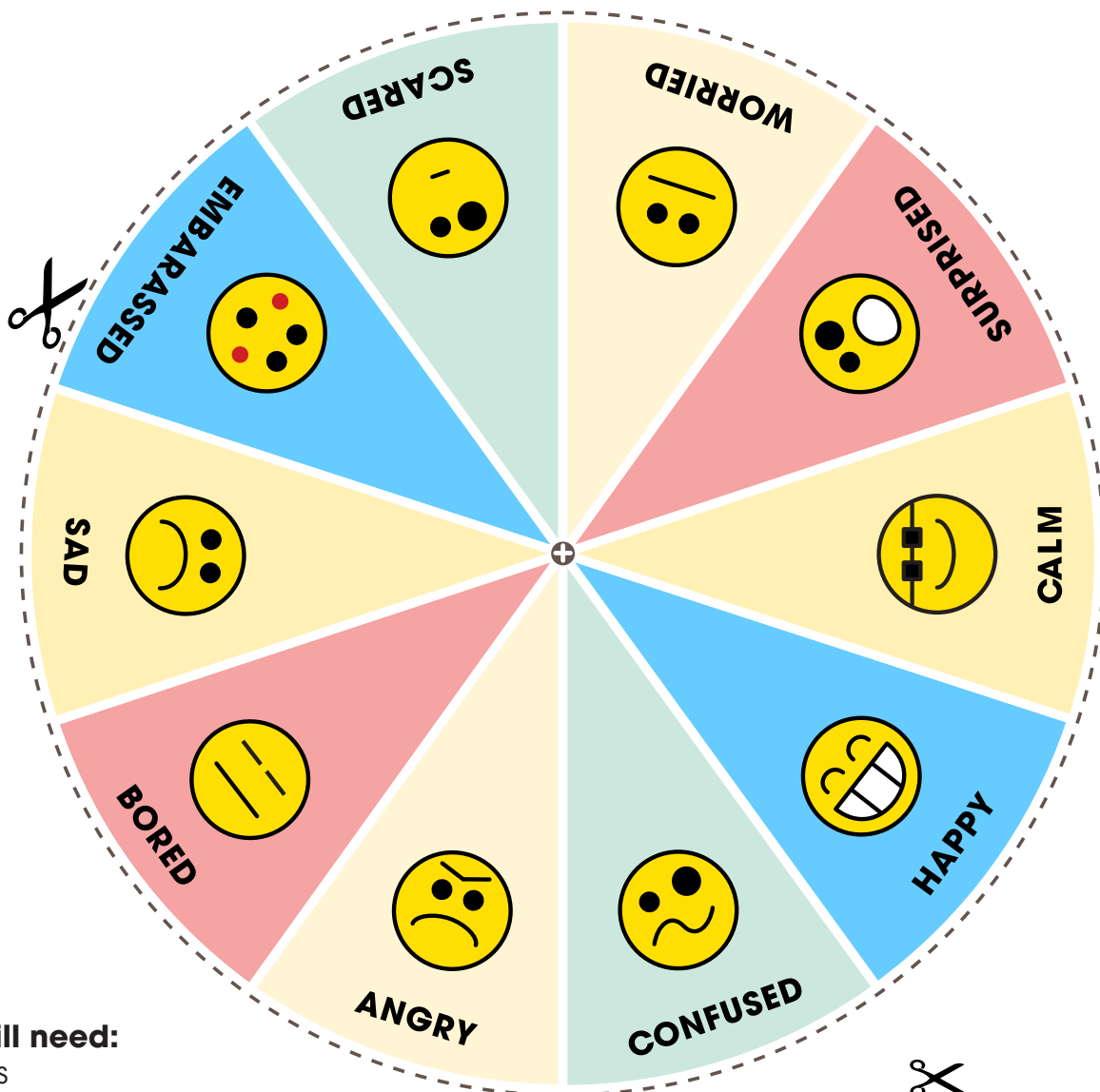


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## Emotion Wheel

The emotion wheel can be used with children of all ages to learn how to express their feelings. The emotion wheel works by identifying an image that conveys 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 particular emotions.

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. It is useful to then discuss their feeling further with the child before their turn.



### You will need:

Scissors  
Split pin  
Paper  
Printer

