Emotions Wheel

Spurgeons
Together with families

How to use it:

- Cut out the wheel and arrow below
- Attach the arrow to the middle using a split pin
- When your child is experiencing strong emotions, ask them to point to what they're feeling using the arrow
- This provides the starting point for a chat- what made them feel this way?

Let your child know that all emotions are normal and ok. Look for ways to help them identify the trigger and tackle how they feel in a positive way. Over time repeated use of this wheel helps your child manage their emotions.

