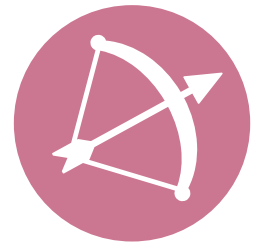


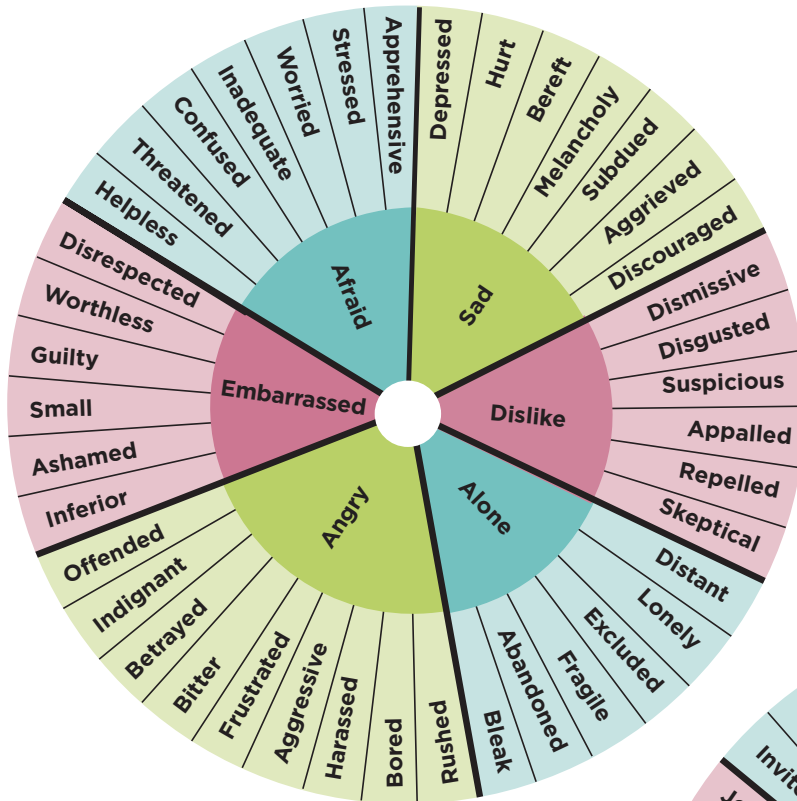
Wheels of FEELINGS



Let's get intentional about talking about our emotions!

Every day we have a variety of feelings, they may be strong or mild, and sometimes there are more than one.

To a child, a want feels like a need. Name your child's feelings, then remain silent as your child experiences the 90 second life cycle of the emotion. This will help tame the intensity.

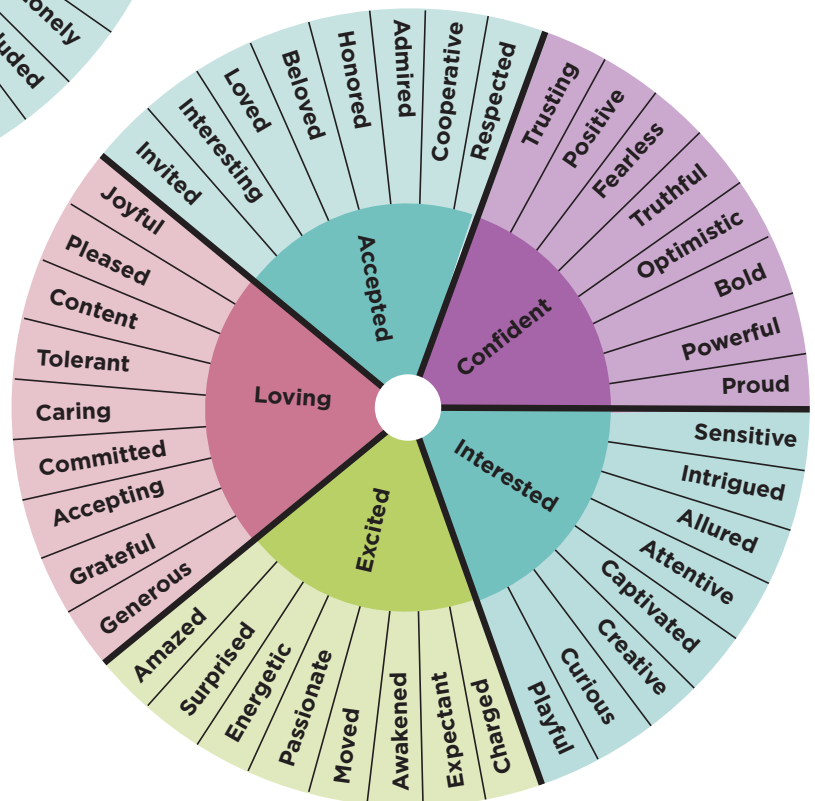


1. Use the center of the wheels to identify your main feeling.
2. Look to the outer layer of the wheel to see if you can find a feeling that is more specific.
3. Try a word from each wheel. Complete the statement:

I feel _____
when _____.

I feel _____
when _____.

4. This week try to notice when you are experiencing different feelings and try to name them.



(Wheels Concept borrowed from <https://humansystems.co/emotionwheels/>)