



The Wheel of... Emotions!

How Do You Feel Today?

Goal: Use the emotion wheel to explain how you feel, beyond the five main words to describe emotions (happy, sad, angry, scared, or surprised).

[Tip]: The emotion wheel can help you figure out and explain how you are feeling.

[Video Tip]: https://youtu.be/cBoDr2LlcbI?list=PL_WI_kJLxfcpfl-Aan92_eHpaydzM0q3C

Why is this important? Identifying feelings can be challenging, but this tool can help you communicate precise emotions.

References: Saltali, N. D., & Deniz, M. E. (2010). The Effects of an Emotional Education Program on the Emotional Skills of Six-year-old Children Attending Preschool. *Educational Sciences: Theory & Practice*, 10(4), 2123–2140.

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