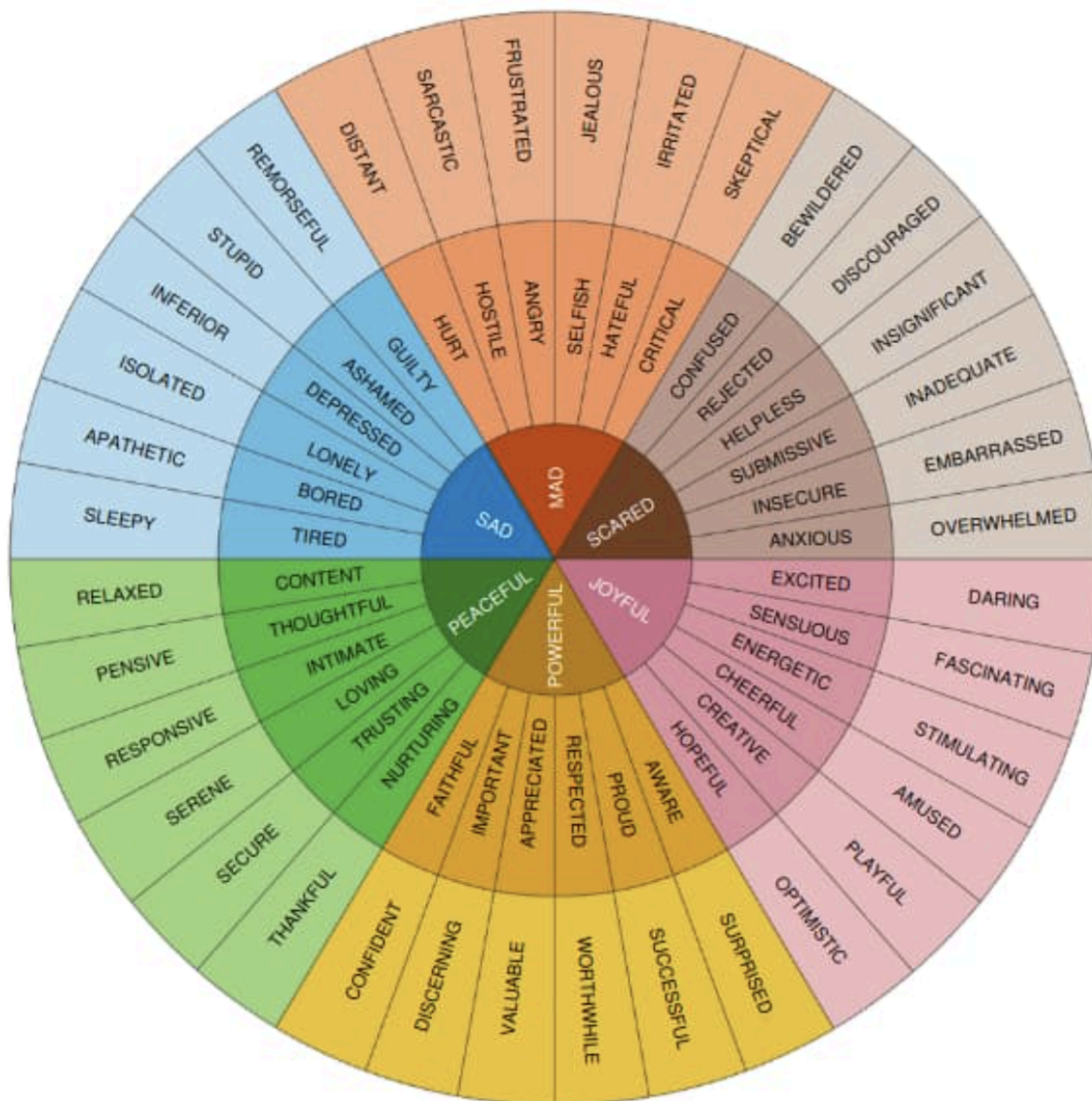


Feelings Wheel Activity

Directions

- Print The Feelings Wheel (or another version you prefer) and place it in a visible place in your home (e.g., the refrigerator, a wall in the kitchen, or a favorite family gathering area).
- Set aside time to reflect on your emotions from the day or week and use The Feelings Wheel to elicit emotion vocabulary you may not use otherwise.
- Include different words/phrases that describe emotions across the languages you speak. Compare and contrast the similarities and differences.



Source: <https://www.centervention.com/feelings-wheel/>