

Feelings Wheel

A feel wheel is designed to give young children an opportunity to express how they feel by using their words. When your child is having a hard time expressing himself/herself using their words it is best to help them to label the emotions/feelings that they may be experiencing.

To create a "feel wheel", simply cut out the images below and place them in a circular fashion along your "wheel". Then affix a pointer with a brass paper finisher. Children can turn to the pointer to the character that most represents how they are feeling.

As a result of labeling their feelings, children will learn a "feelings vocabulary", this in turn will help them to problem solve, communicate feelings and maintain relationships with peers.



Happy



Upset



Sad



Angry



Worried



Tired



Surprised



Excited