

# Feelings Wheel

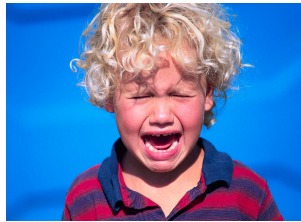
A feelings wheel is designed to give young children an opportunity to express how they feel by using their words. When your child is having a hard time expressing himself/herself using their words it is best to help them to label the emotions/feelings that they may be experiencing.

To create a "feelings 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**  
**радостный**



**Upset**  
**расстроенный**



**Sad**  
**грустный**



**Angry**  
**сердитый**



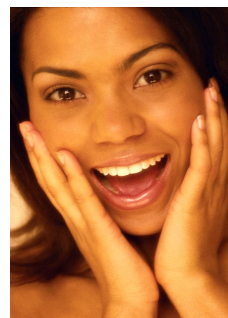
**Worried**  
**обеспокоенный**



**Tired**  
**усталый**



**Surprised**  
**удивленный**



**Excited**  
**возбужденный**