

Feelings Wheel

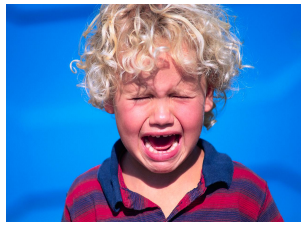
A feelings wheel is designed to give young children an opportunity to express how they feel by using their words. When your child is having a hard time expressing himself/herself using their words it is best to help them to label the emotions/feelings that they may be experiencing.

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
سعيد



Upset
مضطرب



Sad
حزين



Angry
غاضب



Worried
قلق



Tired
متعب



Surprised
مفاجأ



Excited
متحمس