



Emotion Wheel – How to Use

Emotional Literacy: Using the Feeling Faces

The feeling faces can be used to help children identify their feelings and those of others. They can also be used to help children learn social and emotional skills around emotional literacy.

- Use the feeling faces to talk about, identify, and describe different emotions when you or children feel this way.
- Use the feeling faces as part of an “emotion check in”. Children can let you know how they are feeling throughout the day.
- Help children learn new emotion words. Start with a few emotions then move to the more complex emotions. Teach a balance of “comfortable” and “uncomfortable” feelings.
- Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how different emotions might change how your eyes, mouth or body look. They also feel different inside your body.

Emotion Wheel: Small Group or Large Group Activity

- Take turns having children spin the wheel. All children label and model the emotion the spinner lands on.
- Have one child spin the wheel and “act” out the feeling the spinner landed on. The remaining children “guess” the emotion.
- Spin the wheel to identify an emotion. Have children take turns discussing a time when they felt or experienced that emotion.