

My Emotions Wheel

Follow the prompts in the emotions wheel below to draw some pictures of what makes you feel each emotion. What makes you happy? Draw this in the happy section. What makes you angry? Draw this in the angry section etc.



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My Emotions Wheel

A reflective activity to help children and young people recognise and understand their emotions.

Overview

Our 'My Emotions Wheel' is a simple visual activity that helps children and young people explore different feelings they experience in everyday life and begin to understand what influences how they feel.

This worksheet is divided into six sections: happy, angry, worried, surprised, sad and excited. Young people are invited to fill in each section by drawing or writing things, situations or experiences that make them feel that emotion.

Benefits:

- Recognise and name different feelings
- Normalise a wide range of emotions (not just the 'positive' ones)
- Improve communication about feelings
- Build self-reflection and emotional regulation skills

How to use this worksheet

1. Introduce the idea that everyone experiences a range of emotions every day
2. Explain the six emotions on the wheel and what they might look or feel like
3. Ask students to fill in each section by drawing or writing examples of what makes them feel that way
4. Remind them that there are no right or wrong answers. Everyone's experiences will be different.
5. Allow time for quiet reflection and creativity
6. Optional: Discuss as a group or in pairs

Estimated time: 15-25 minutes

Materials needed: Worksheet, something to write or draw with and colouring materials

Conversation Starters/Reflection Questions

- What different emotions do we feel in a day?
- Are some emotions easier to talk about than others?
- Can you think of a time you felt this emotion?
- What does this emotion feel like for you?
- Which emotion do you feel most often?
- Are there any emotions you find tricky to talk about?
- What helps you when you feel worried, sad or angry?
- What helps you feel calm again?

Parents/Carers

The 'Emotions Wheel' is a helpful way to support your child in recognising and talking about their feelings.

At home, you can:

- Talk through each emotion together and give examples from everyday life
- Help your child think about times they have felt each emotion
- Reassure them that all emotions are normal and important
- Use the activity to start conversations about feelings

After the activity, you can ask:

- Which emotions were the easiest and hardest to think about?
- Can you remember a time you felt each of these?
- What helps you when you feel angry, sad or worried?

Teachers/Education Settings

The 'Emotions Wheel' activity can be used as part of PSHE or wellbeing sessions. It can support emotional literacy and regulation skills.

You can:

- Introduce emotions using examples or visual prompts (for younger learners)
- Encourage discussion about how emotions can change throughout the day
- Support students in recognising that all emotions are normal
- Differentiate by providing prompts or sentence starters

Additional Considerations:

- Use as a check-in activity at the start or end of the day
- Link to discussions around coping skills and emotional regulation
- Encourage students to identify ways to express different emotions

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