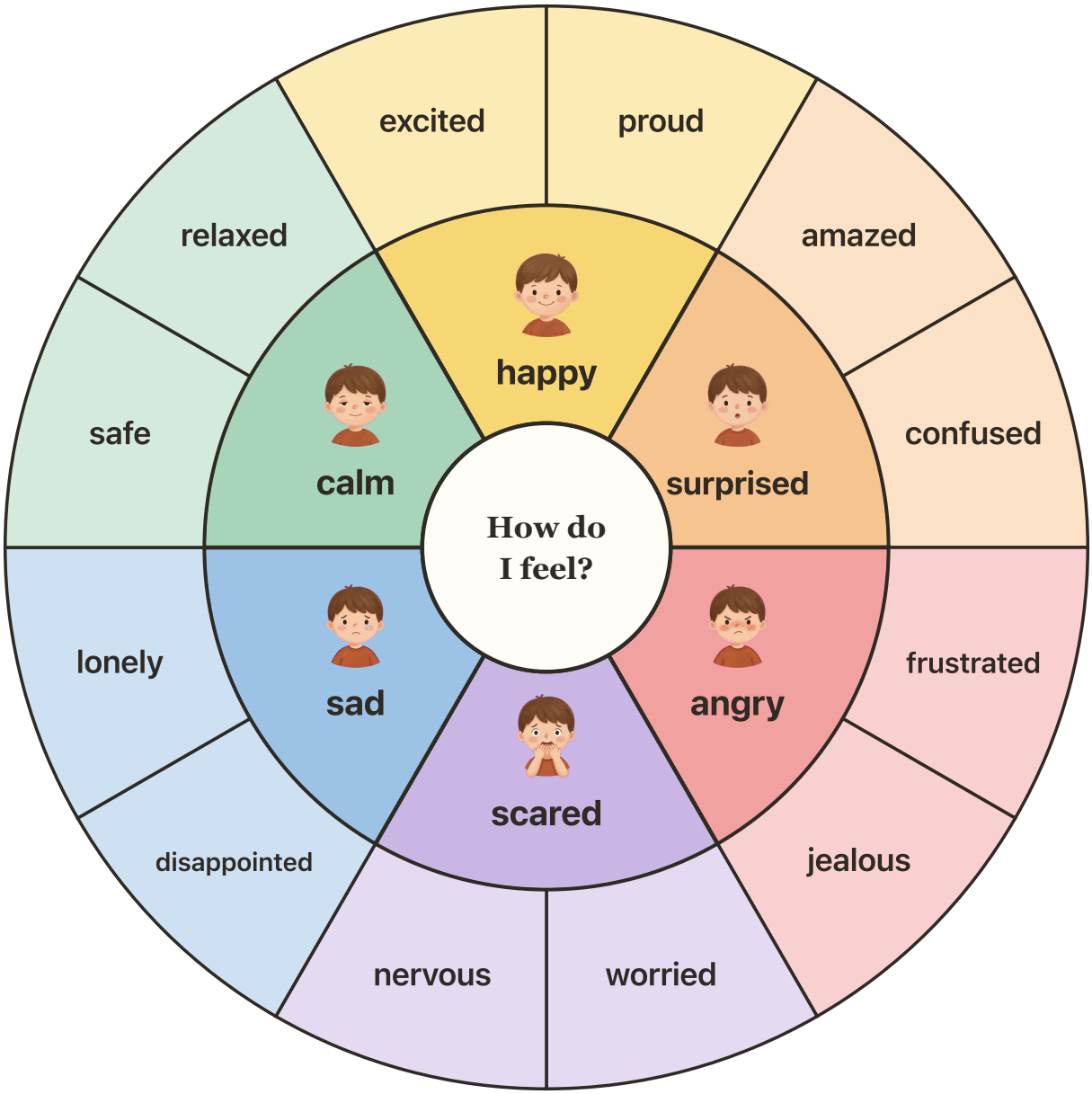
FEELINGS WHEEL FOR KIDS · AGES 4–7

My Feelings Wheel

Start in the middle: which feeling is closest? Then look outside it for a more exact word.



Right now I feel _____ because _____

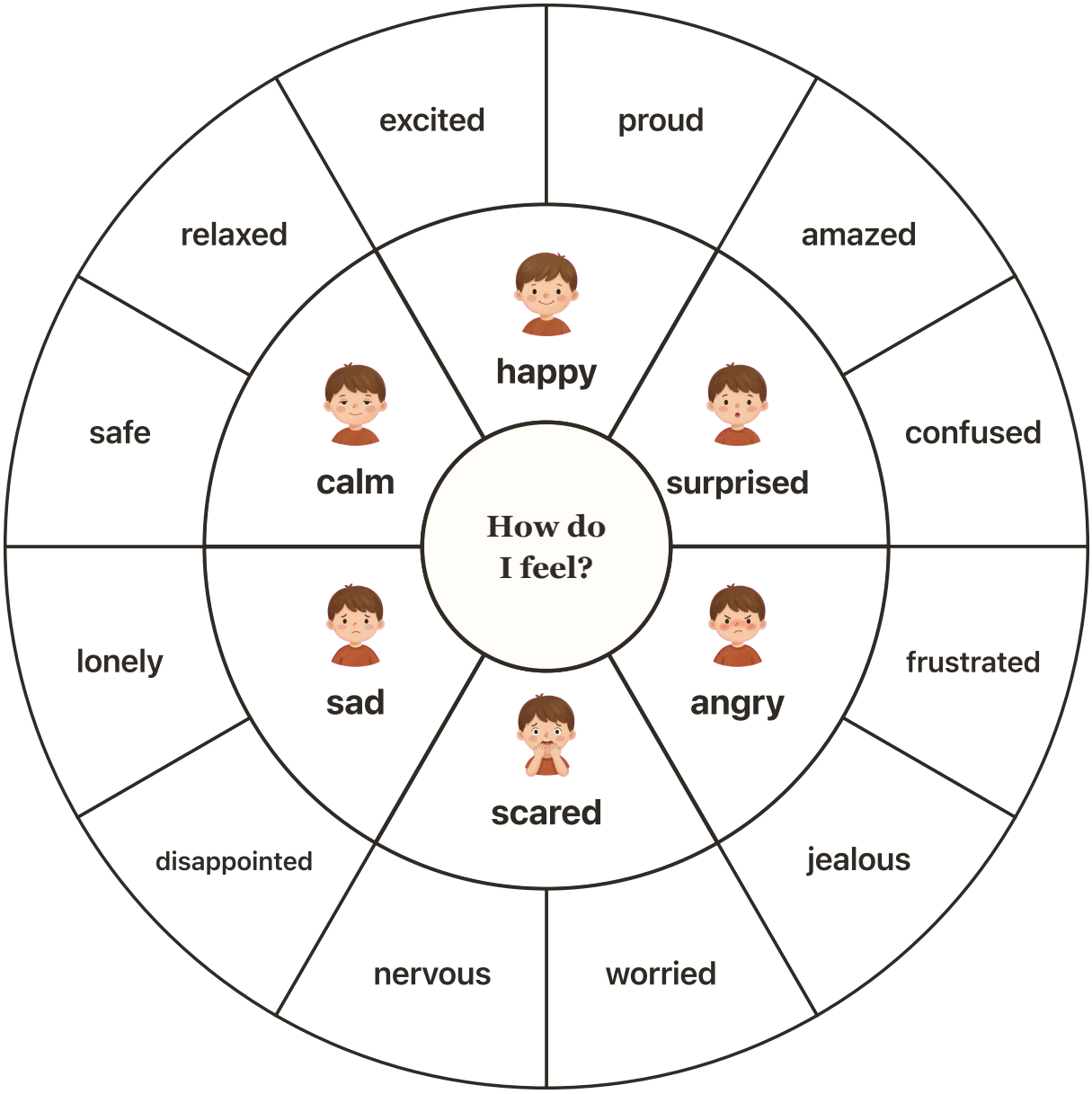
How big is it? ○ a little ◯ quite a lot ◯ very big

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COLOR IT IN · MAKE IT SPIN

Color Your Feelings Wheel

Choose a color for each feeling. Then cut out the arrow and pin it to the middle with a paper fastener.



1. **Start small.** Use the six inner feelings for the first weeks. Add the outer words when those come easily.
2. **Go first.** Spin to your own feeling and say one sentence: "I feel a bit worried because we're late."
3. **Use it on calm days** — after school, at bedtime. In the middle of a meltdown, just name the feeling for them.
4. **Ask "how big?"** A little angry and very angry need different help.



✂ Cut out the arrow. Push a paper fastener through the circle and the middle of the wheel.

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