



LESSON PLAN: Wheel of Feels

Topic: Feelings & Emotional Intelligence

Subjects| Stream:

Arts
Comprehension
Empathy
Language
Vocabulary

Grade Level: Primary (K-3), Junior (4-6)

Objective(s)

- To learn how to label emotions.
- To recognize different ‘shades’ of emotions (intensities).
- To develop vocabulary and ability to express oneself.
- To support self-regulation through identifying emotions.
- To develop empathy and compassion towards others through recognizing and understanding their emotions.

Brief Summary

The Feelings Wheel takes basic emotions and shows how they can be broken down into other related emotions. The wheel can be used to support and understanding one’s feelings and in pinpointing the emotion that is being felt so that it can be processed and resolved.

Background Information

The Feelings Wheel is a Gottman Institute tool created by Gloria Willcox.

Resources | Materials Required per Pair:

- Handout: The Feeling Wheel
- Paper, drawing / writing utensils
- Rulers
- Protractors or circle shape to trace (i.e. large jar lid)



**Activity Instructions:**

Step 1: Encourage a discussion about primary feelings (anger, sadness, joy, disgust, fear, surprise) and encourage students to think of other words to describe these emotions.

Note that emotions have many different names, but they mean different things depending on the intensity or way it is felt/expressed.

Step 2: Discuss what colours and shades might best represent the different types of feelings.

Step 3: Show the students the Feeling Wheel and see if there are any other emotions that they didn't think of that could be added to the list.

Step 4: Encourage students to create their own feelings wheel by drawing a large circle and with lines cut through like spokes on a bicycle wheel.

This can also be done as a group or as a whole class instead of individually.

Students may also like to draw a picture of themselves experiencing primary emotions and then create a list of related emotions beneath each picture.

Lesson Extension Ideas:

1. You may want to read feelings-themed books to the class as a prelude to the activity.

Optional Resources – “Feelings” themed books:

- In My Heart: A Book of Feelings (Growing Hearts) by Jo Witek
- The Way I Feel by Janan Cain
- My Body Sends a Signal: Helping Kids Recognise Emotions and Express Feelings by Natalia Maguire
- The Color Monster: A Story About Emotions by Anna Llenas

2. Game of Feelings Charades

- Act out the emotion and encourage the class to guess the emotion.

3. Journal or story prompts to tell about a time when the student or fictional character experienced a certain emotion. Encourage participants to use the Feelings Wheel to identify what they are feeling when expressing themselves, particularly during conflict. “I feel...”

