

Emotions Colour Wheel Activity

This activity is a good way to allow a child to express their feelings and the issues they are dealing with at this time in their life.

Instructions:

1. Cut out the feelings wheel
2. Ask your child "What are 8 emotions/ feelings that you would like to put in each pie on the wheel?" Then write the feelings on the outside. Your child may need some assistance with coming up with 8 emotions. Give assistance but be careful to not choose for them
3. Ask your child to now fill in each section with a colour or picture that matches their idea of what the emotion means to them.
4. When the your child is finished colouring get them to explain what made them choose the colour or explain what the picture means.
5. Go through each feeling and ask your child to share where in their life they are experiencing that emotion/feeling.



Here is an example of a completed colour wheel. Your child's wheel may look completely different to this as emotions are personal and individual.

Outcome: This exercise is designed to have your child open up and feel more comfortable expressing their emotions/feelings.

Questions to Ask:

- 1) Could you tell me about your Emotions Colour Wheel?
- 2) Why did you choose that colour/picture for that emotion?
- 3) Where else in your life do you experience that emotion/feeling?

End the activity by acknowledging your child's positive qualities.

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