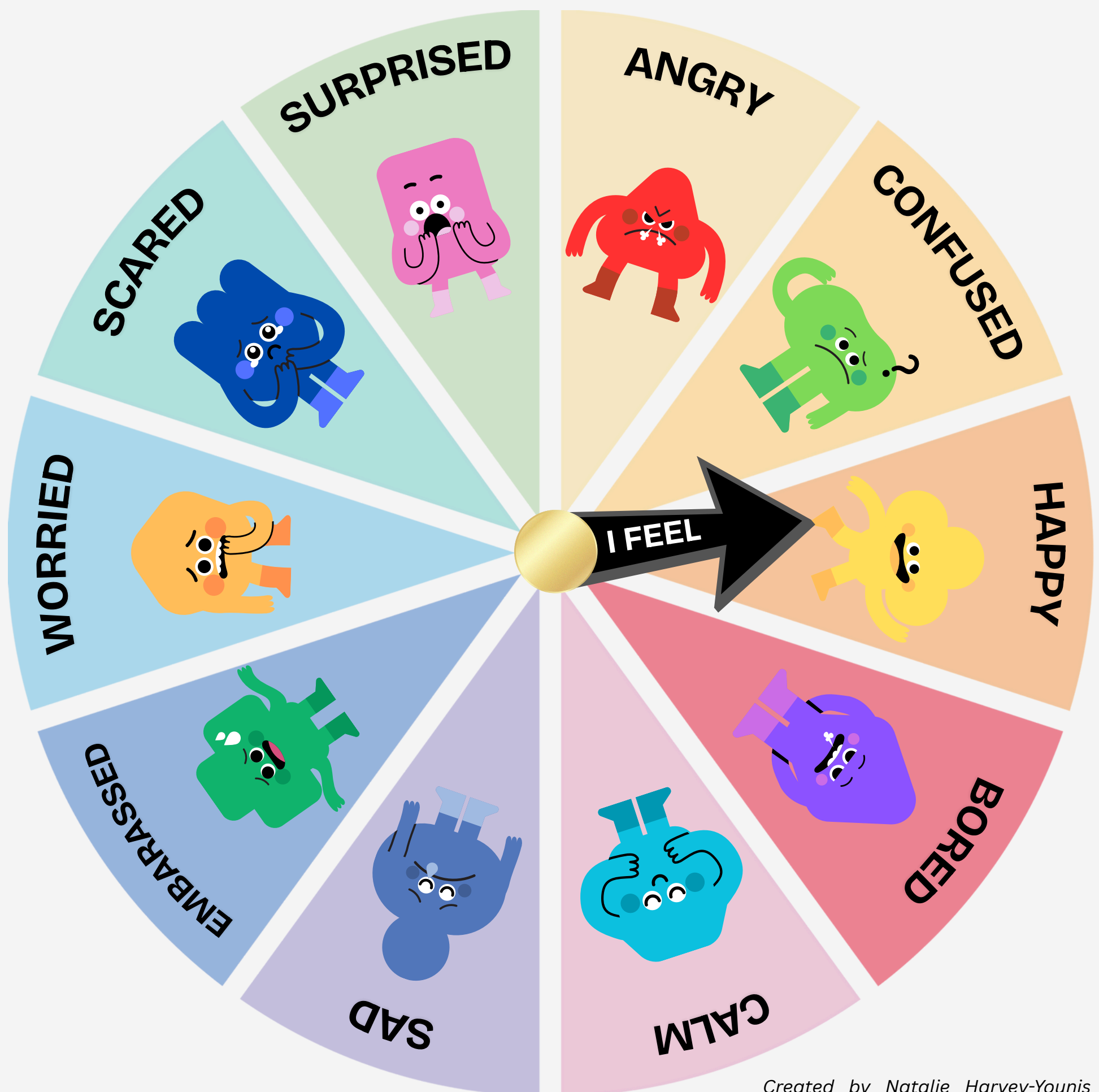


EMOTIONS WHEEL

We use the emotions wheel to help us understand our feelings. When you have a big feeling, you can look at the wheel and point to the word that shows it. Using the emotions wheel can make it easier to share what's going on inside your heart and mind!



Created by Natalie Harvey-Younis with support from the Strong Families and Infant & Early Years Mental Health teams