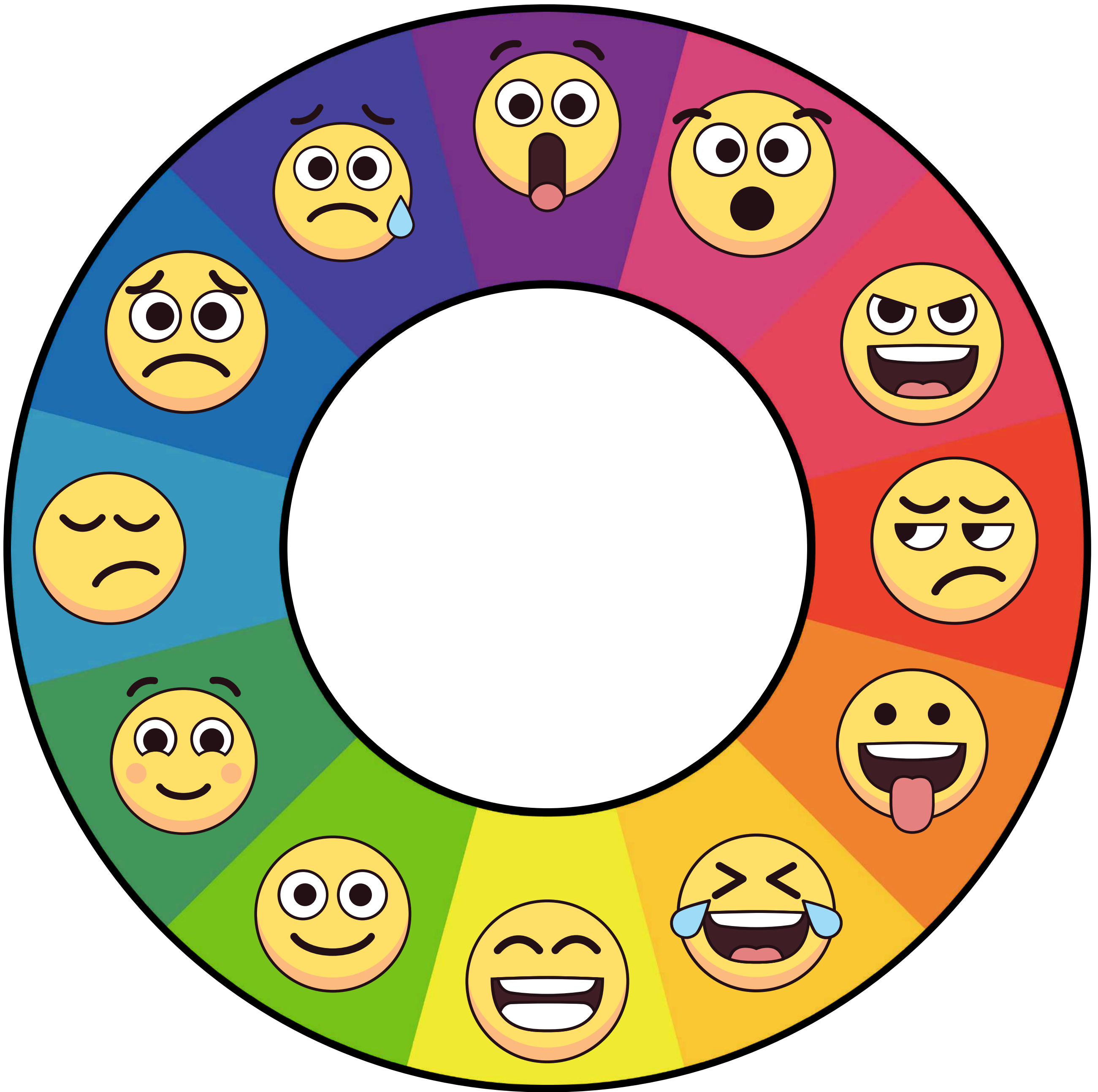


EMOTIONS WHEEL



The emotions wheel helps us to identify and understand our emotions. Use the emotions wheel to understand how you are feeling so that you can better understand how to manage and express your emotions.

I AM FEELING:

curious



sneaky



happy



nervous



confident



shocked



cheeky



worried



joyful



silly



sad



satisfied



anxious



excited



content



confused



loving



unimpressed



perplexed

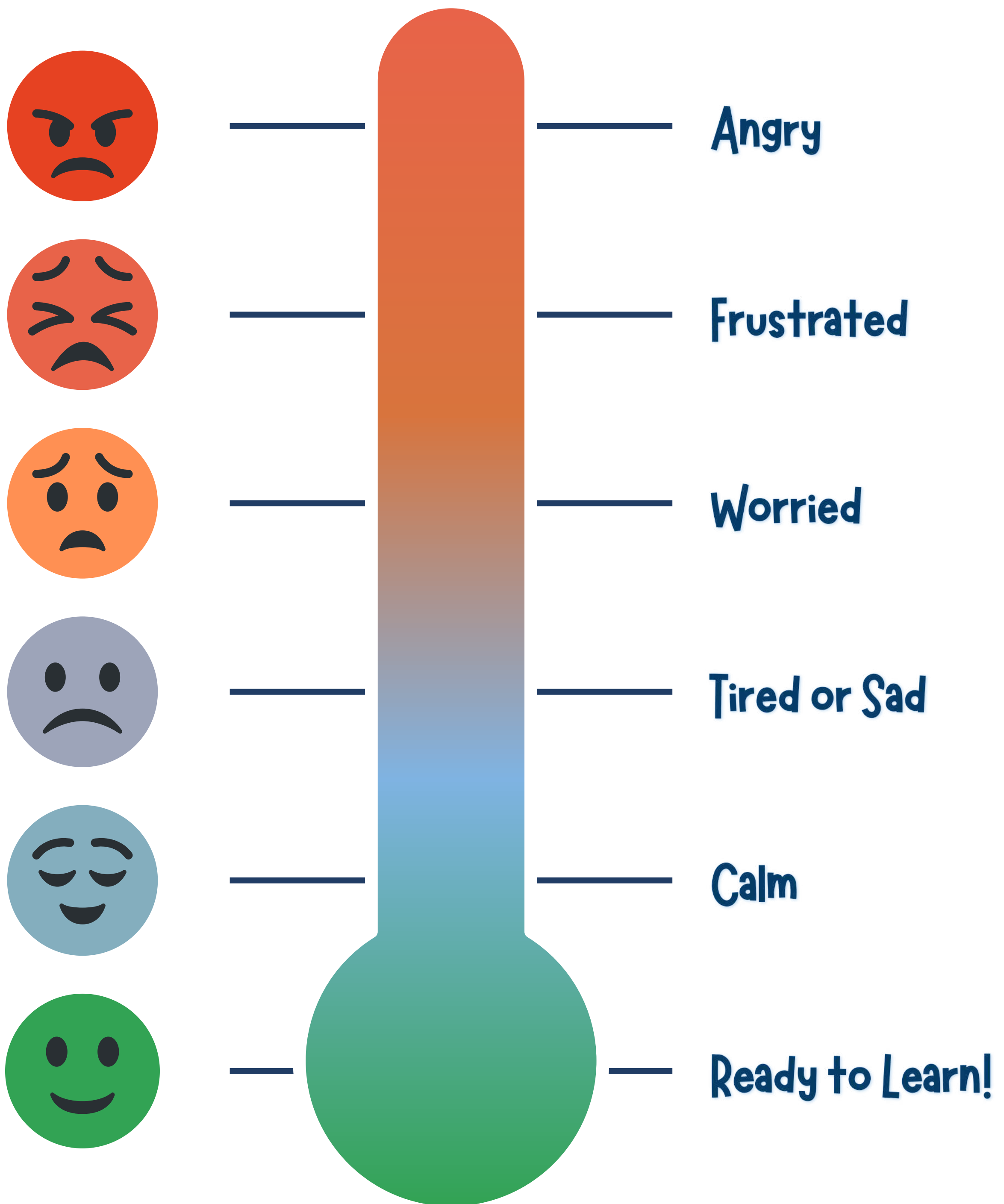


angry



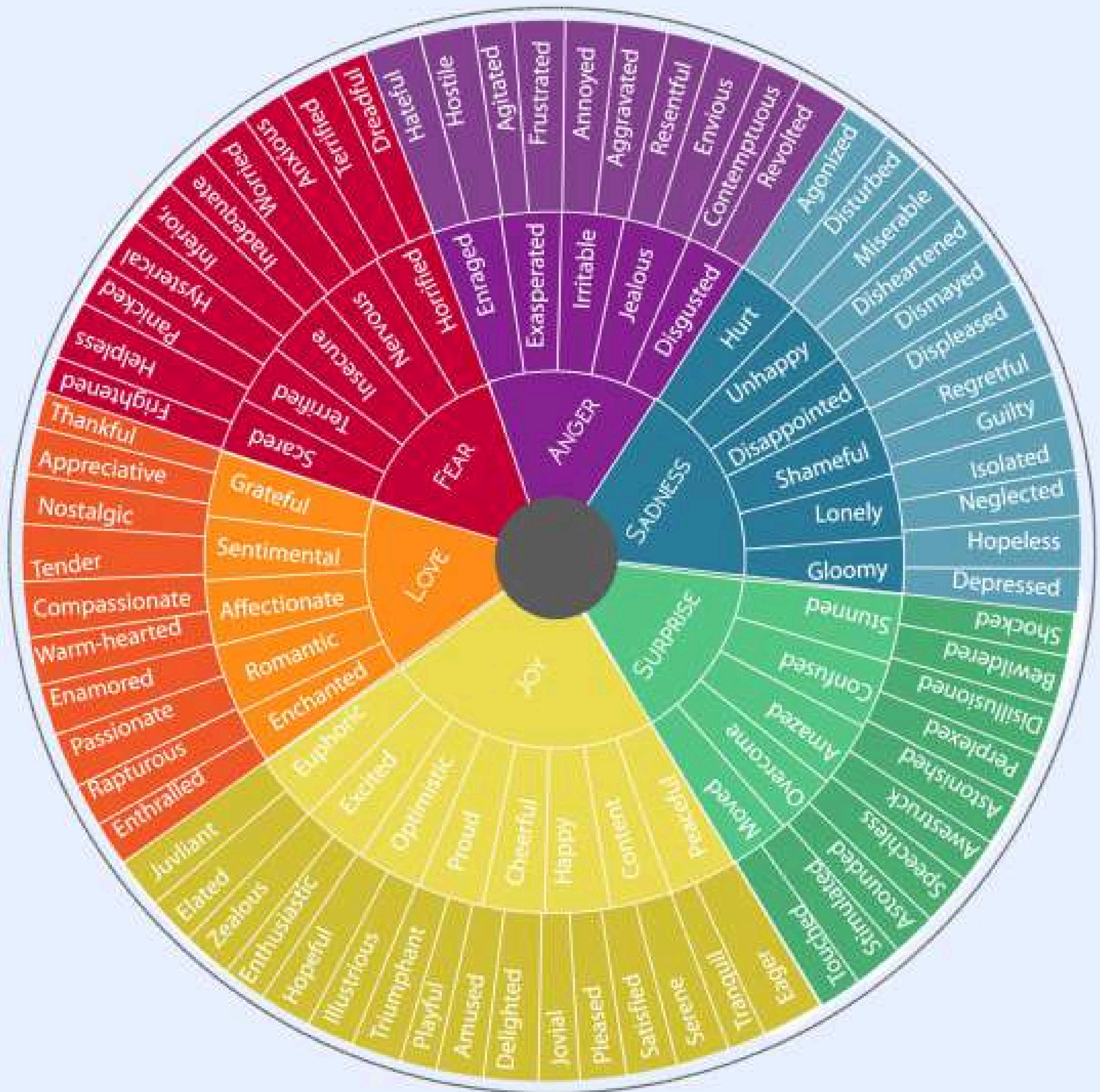
Feelings Meter

How are you feeling today?





The Feelings Wheel

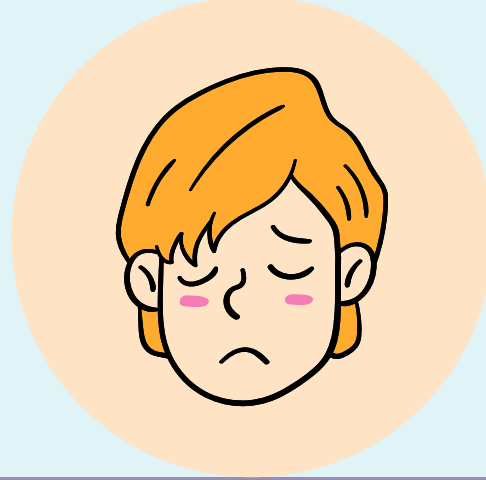


Originally created by Dr. Gloria Willcox

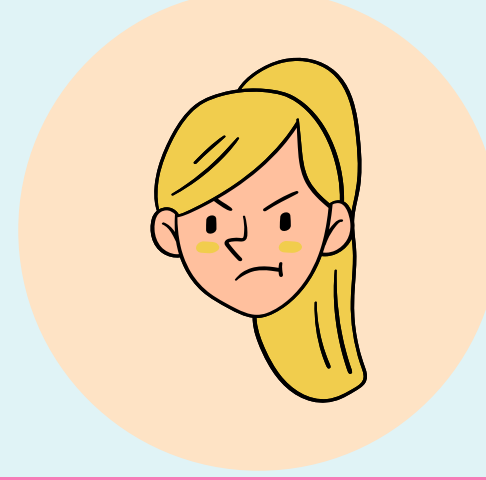
HOW DO YOU FEEL TODAY?



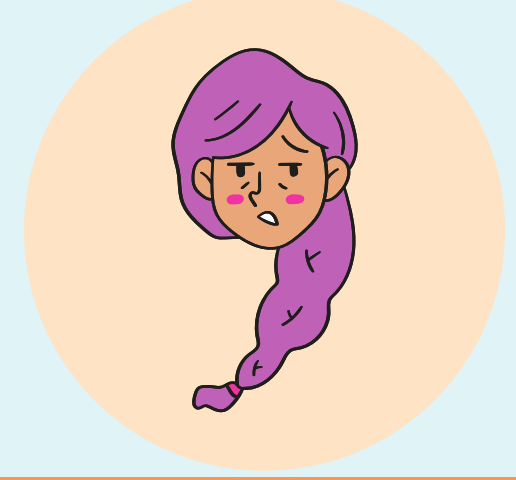
HAPPY



SAD



ANGRY



TIRED



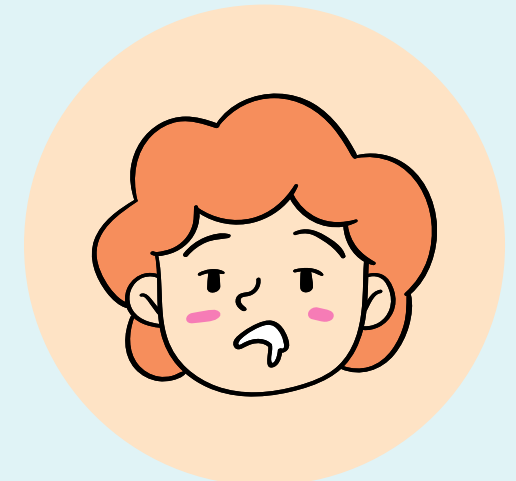
PLAYFUL



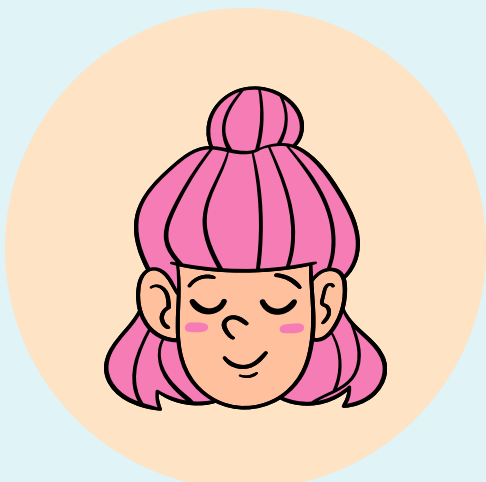
SHY



SURPRISED



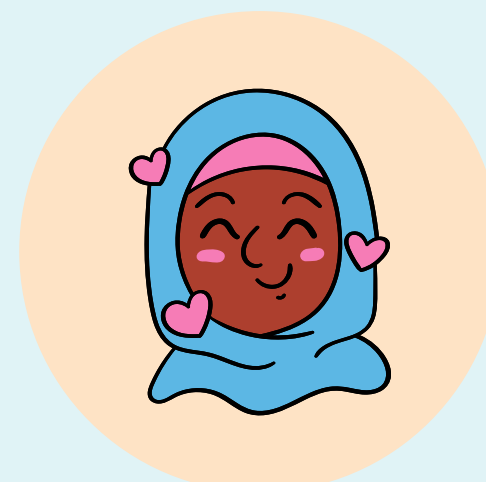
SLEEPY



CALM



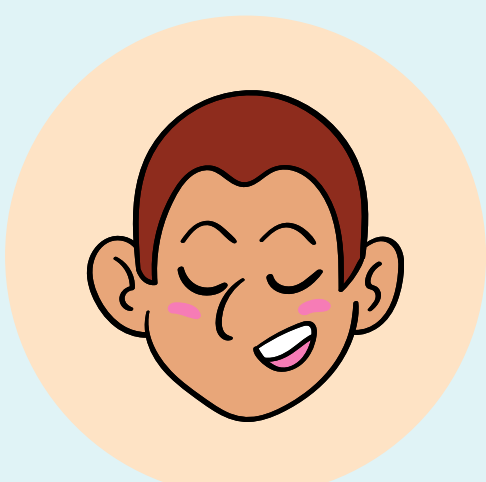
WORRIED



LOVED



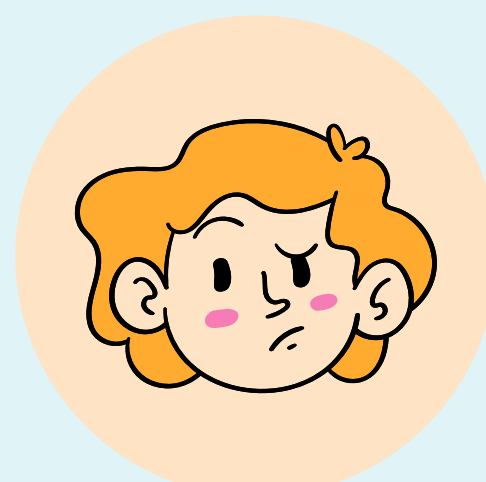
HURT



PROUD



DISAPPOINTED



CONFUSED

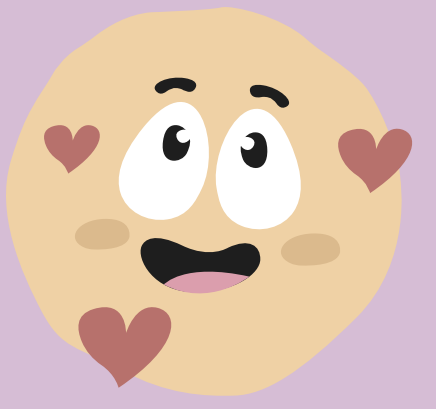


SCARED

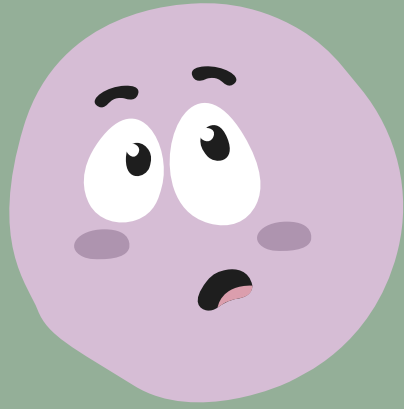
IDENTIFYING MY EMOTIONS



mad



affectionate



jovial



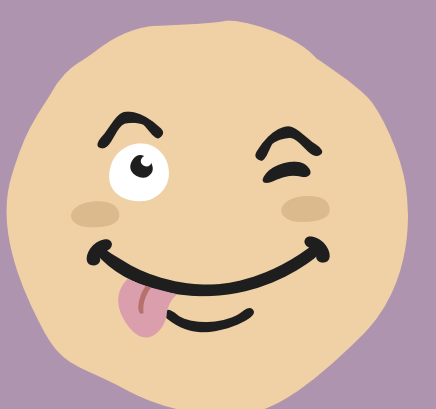
afraid



unimpressed



queasy



upset



sad



silly



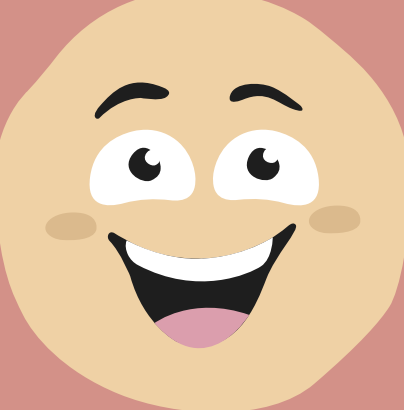
annoyed



deflated



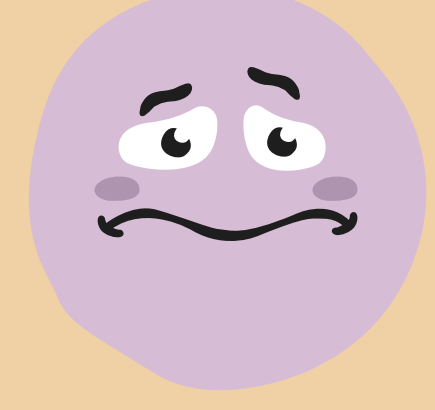
disgusted



happy



down



displeased



angry



cheeky



worried



furious



sick



surprised



loving



sad

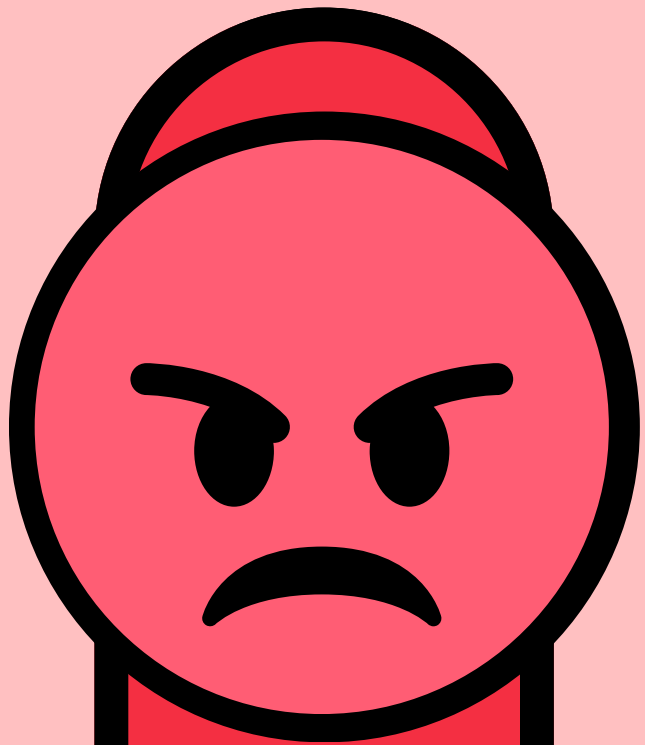
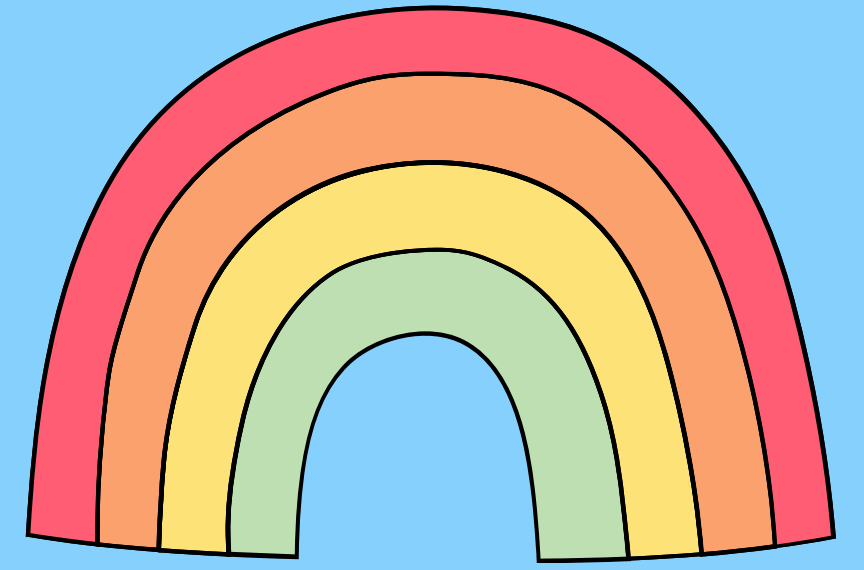


confused



unenthused

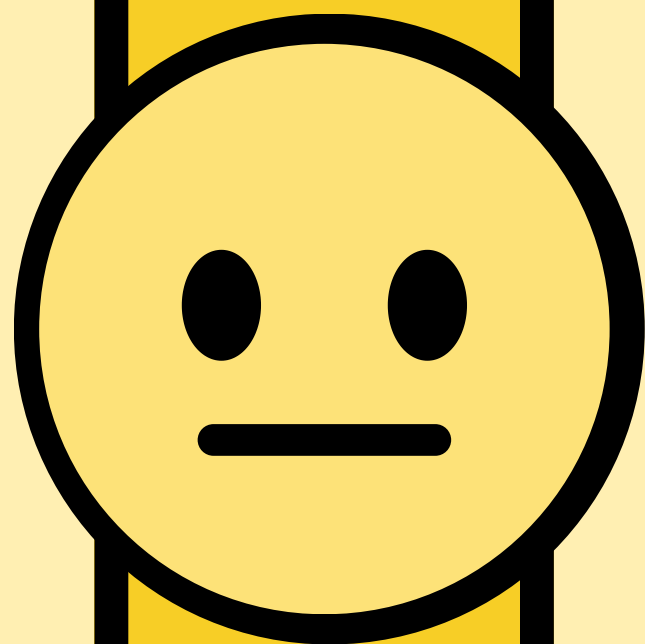
HOW AM I FEELING?



I feel **extreme** emotions. I might feel panic or fury.



I feel **strong** positive or negative emotions. I may feel enraged or ecstatic.



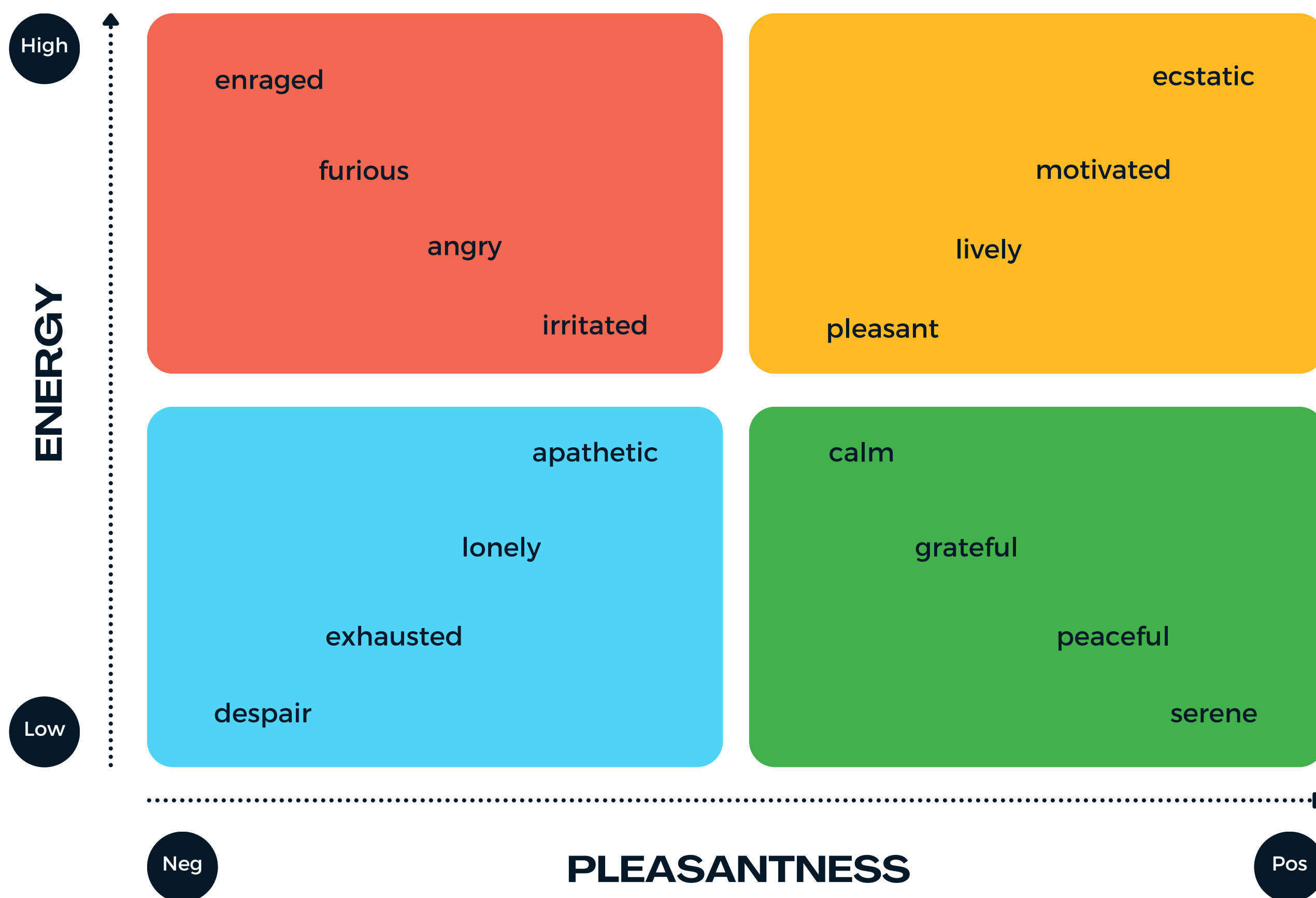
I feel **moderate** positive or negative emotions. I may feel anxious or excited.



I feel **mild**, positive emotions. I am in control, content, calm, and relaxed.

MEET YOUR MOOD METER

The mood meter shows us that everyone has a variety of emotions or feelings. They can range from positive to negative and from low energy to high energy.



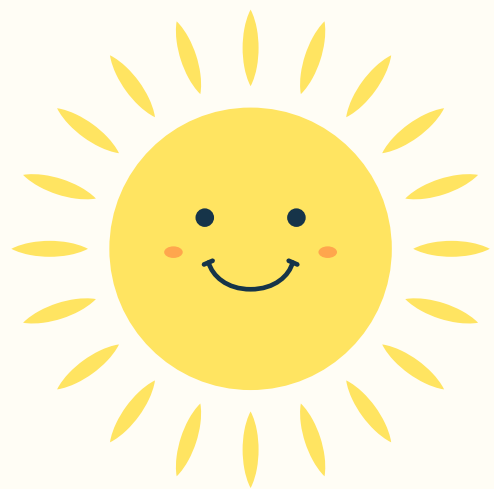
Identifying where our feelings are in the meter can help us find ways on how to address them. For example, if we have a negative emotion that is in high energy, we can think of ways to calm down and move away from thinking negatively. We can do this for ourselves or even to help out a friend or a family member.

- | | | | |
|------------|-------------|------------|---------------|
| ANNOYED | FOND | LIVELY | SKITTISH |
| ANXIOUS | FRIENDLY | LONELY | SULLEN |
| CHEERFUL | GLAD | MISTREATED | THOUGHTFUL |
| CHERISHING | HELPLESS | MORTIFIED | THRILLED |
| DEFEATED | HOPEFUL | OSTRACIZED | UNCOMFORTABLE |
| DEFENSIVE | INCOMPLETE | OUTRAGED | UNSURE |
| DISTRACTED | INFERIOR | REGRETFUL | WORRIED |
| ECSTATIC | INTIMIDATED | REJECTED | WITHDRAWN |

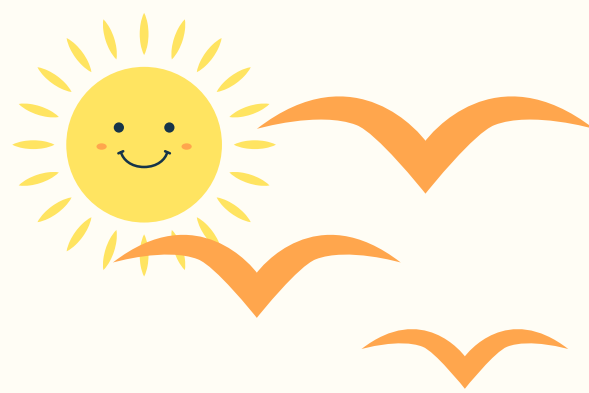
Sources:
<https://www.ps120q.org/mood-meter>
<https://tomdrummond.com/app/uploads/2019/11/Emotion-Feelings.pdf>

How are you feeling today?

Our feelings can be like the weather. They can change at any time. Think about how you're feeling right now, and what kind of weather it relates to.



Happy



Excited



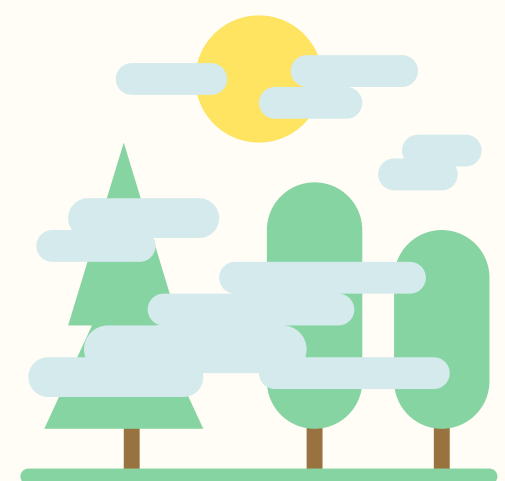
Confident



Worried



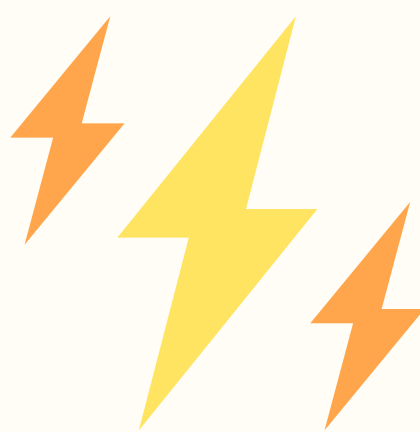
Scared



Confused



Bored



Irritated



Angry

MY EMOTION WALL

