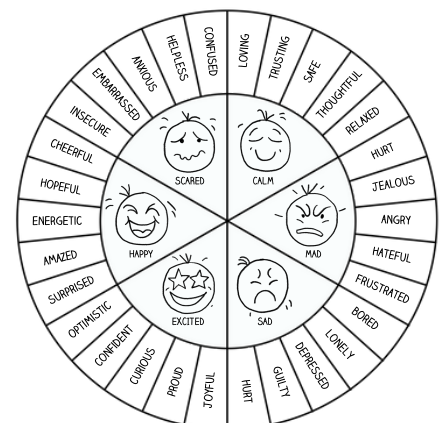
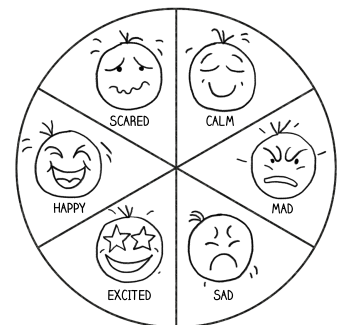


My Wheel of Emotions

Our emotions can be confusing. But it's so helpful when we can identify and make sense of them. This important skill helps us be more calm, confident, and overall healthier. It also helps us better understand what others are feeling. And like any other skill, it takes practice to become good at it!

How You Can Use The Wheels

- In this printable pack, we included a **smaller wheel** with basic emotions for younger participants and a **bigger wheel** with more specific emotions for older participants.
- You can start by **figuring out your basic emotion** (the inside wheel) and then work your way out to understand **your more specific emotion** (the outside wheel).
- When you identify the emotion you're feeling, talk about **how it feels in your body**.
- Practice using the wheel **together with your family members**.
- Use the wheel when you are **reading a book or watching a movie**. What are the characters feeling?

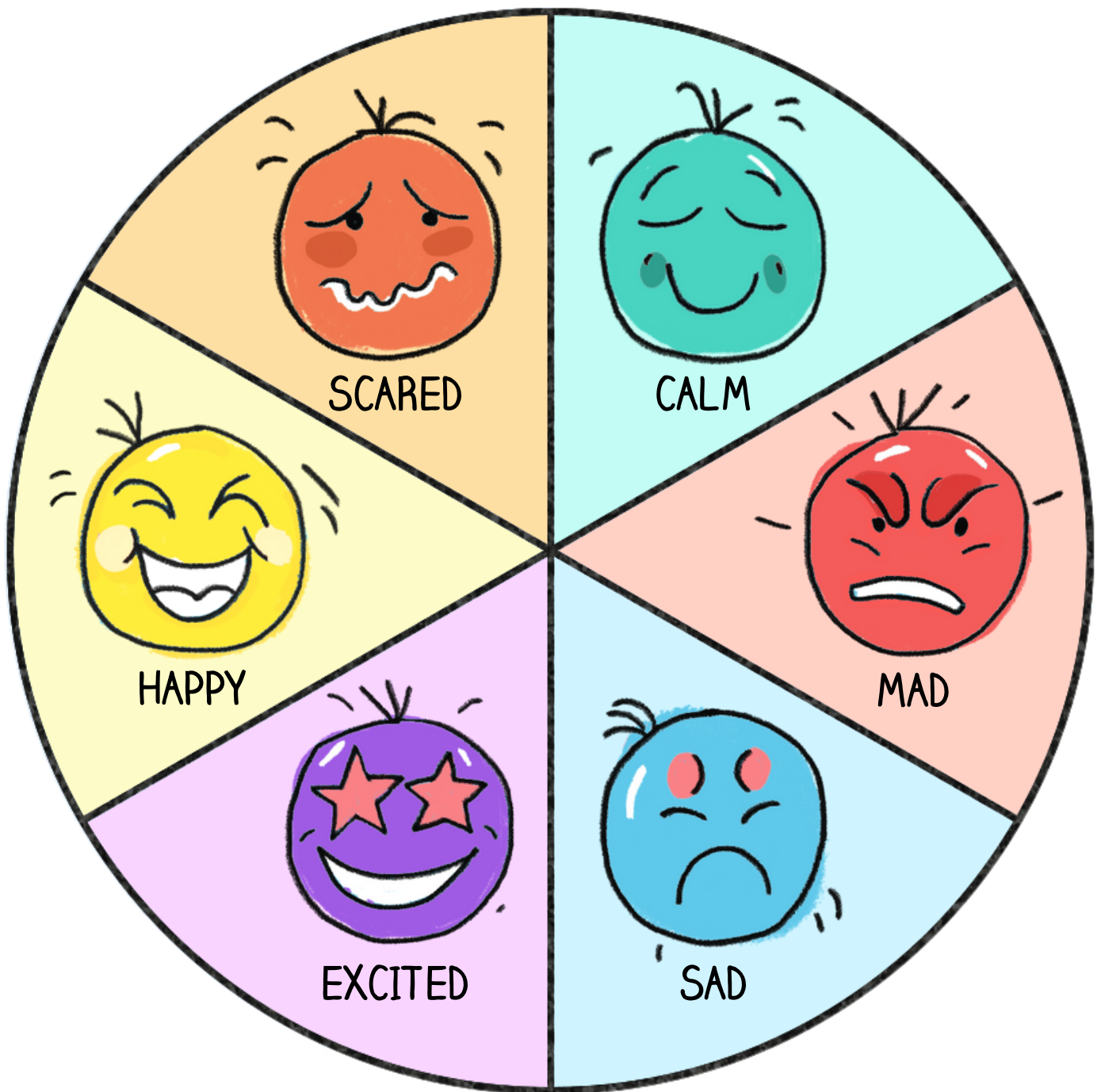


This printable is inspired by the work of Dr. Robert Plutchik.

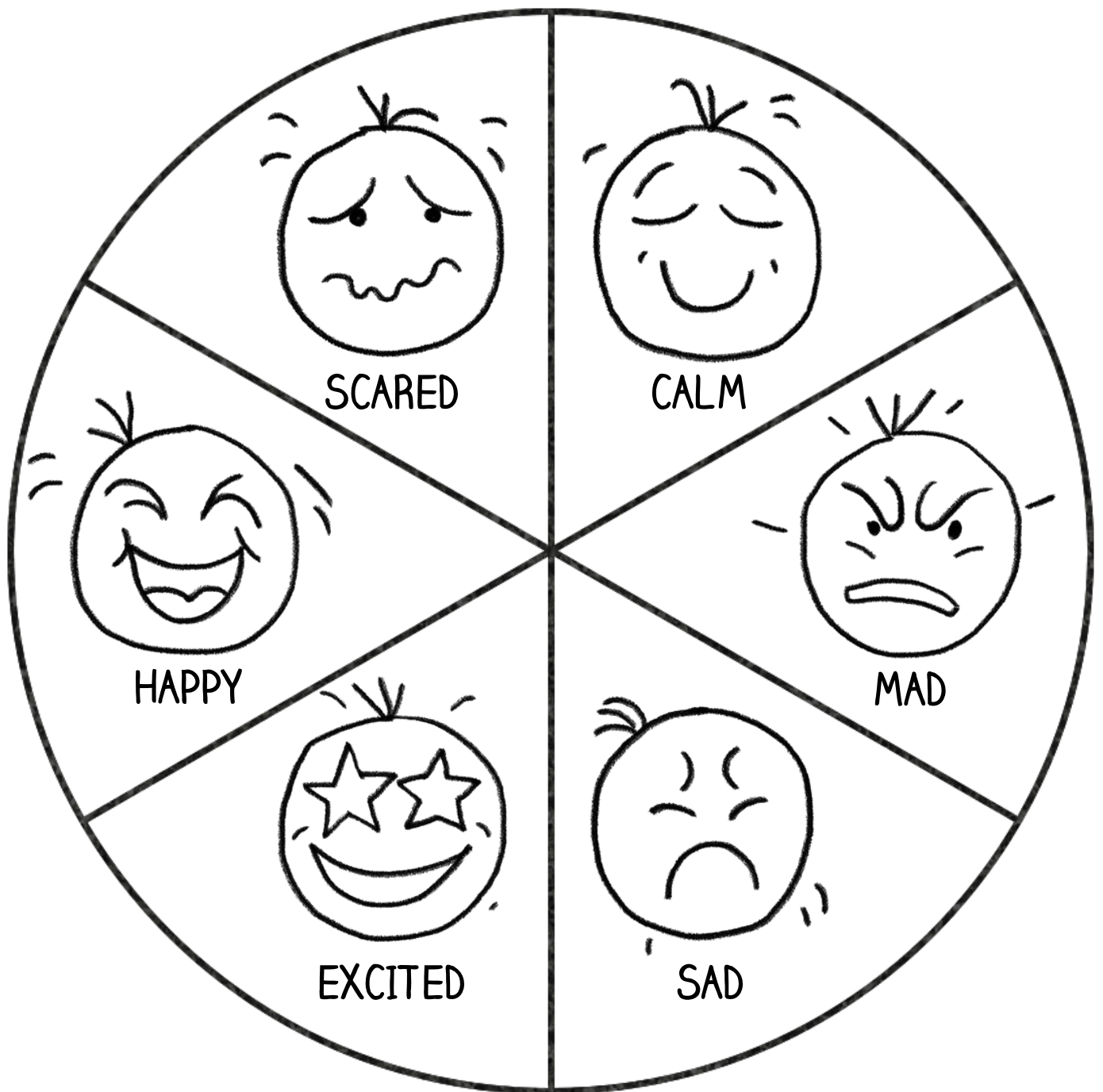
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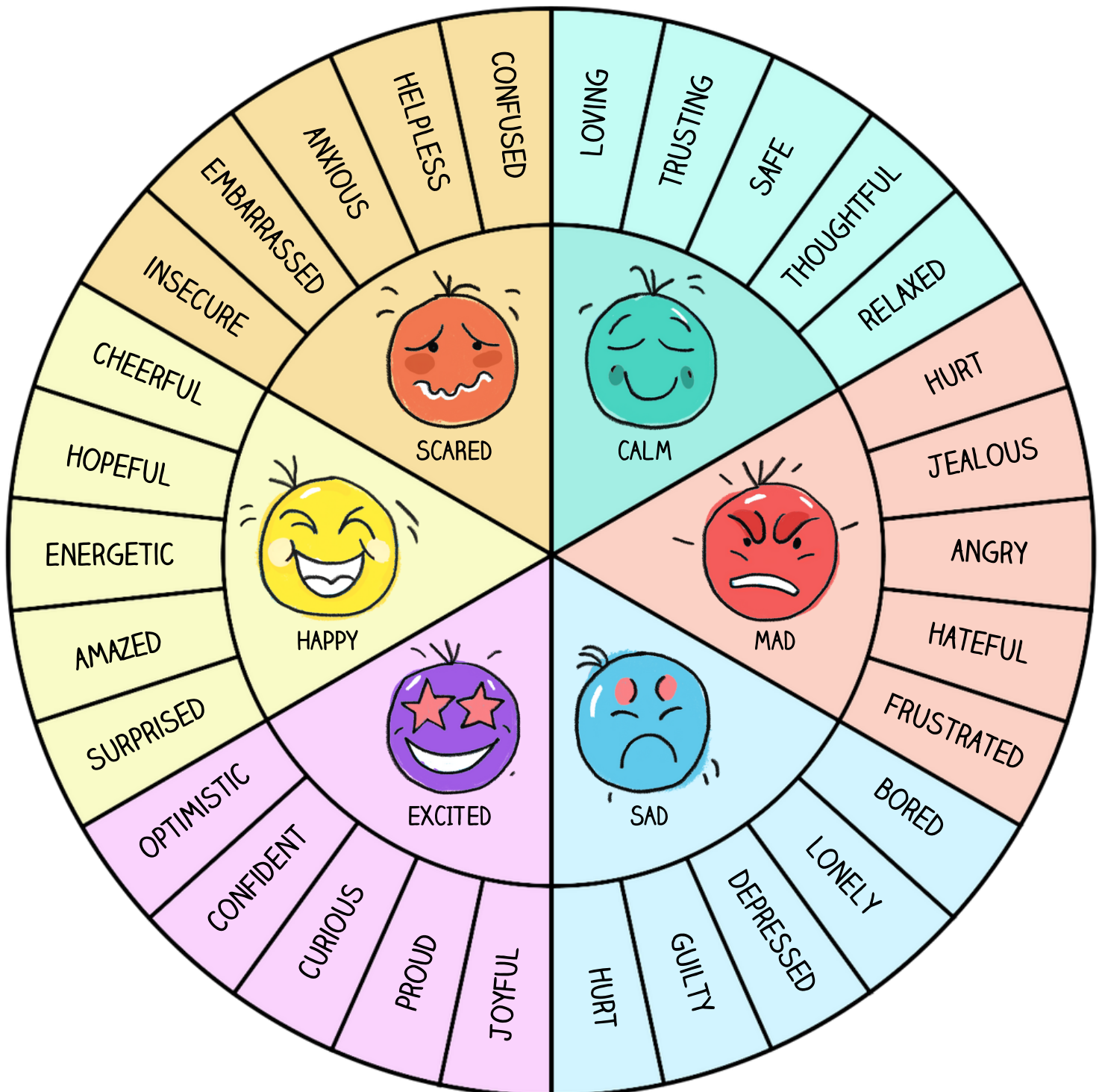
My Wheel of Emotions



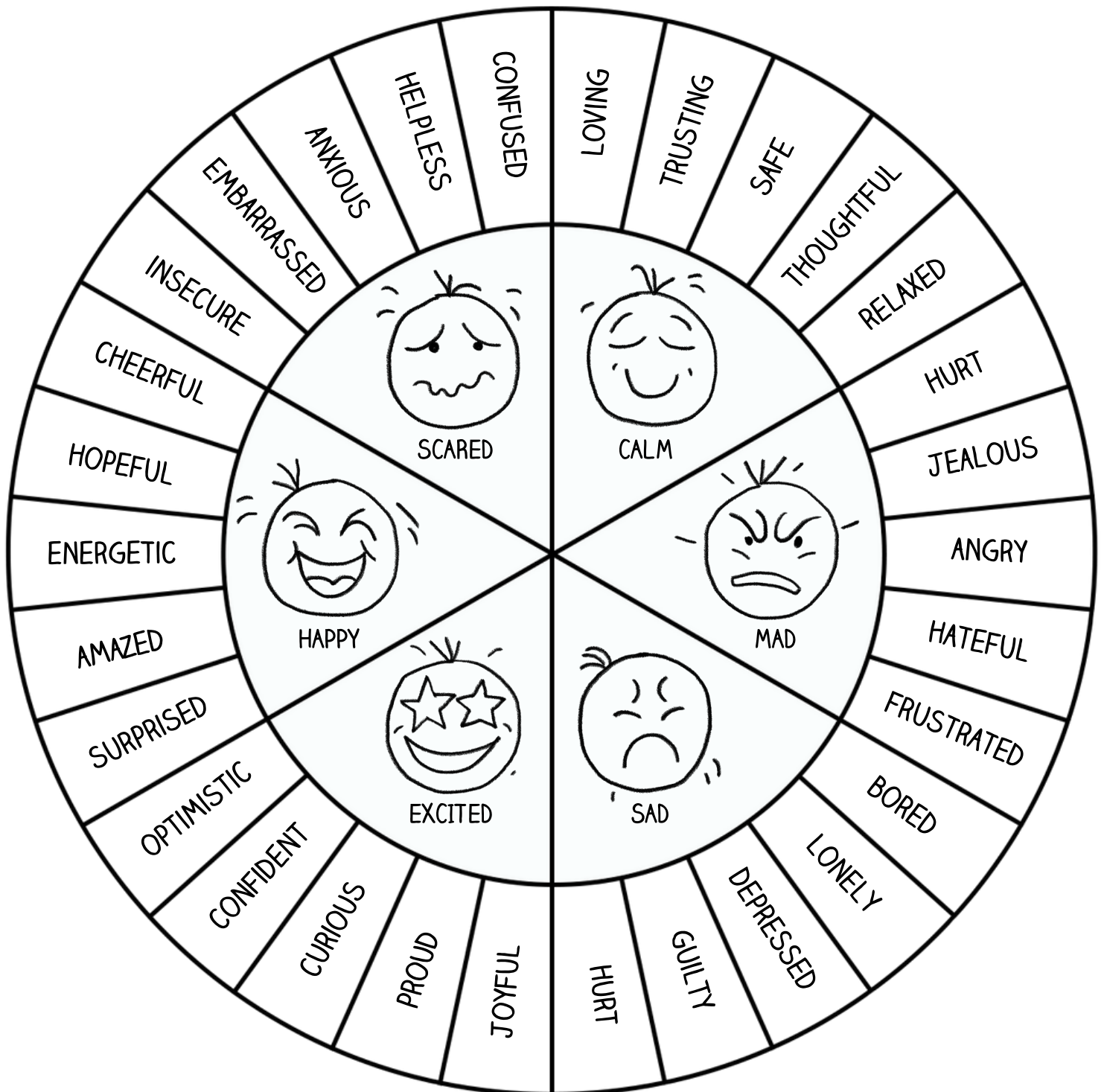
My Wheel of Emotions



My Wheel of Emotions



My Wheel of Emotions



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With gratitude,
Big Life Journal team

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Over a million children around the world are using
Big Life Journals with great success!

★★★★★

"I've been struggling with work lately and my son comes up to me and tells me "You know mommy, like the Big life Journal says, mistakes make you grow, so it's going to be okay"! Just a week into his journal and I see how it has already changed his mindset!"

- V. Ramos



★★★★★

"My 12-year-old son has been tearing through this journal! It sparks up great conversations, and it's so good to see him put things down in drawings and writing that he might not otherwise share with us."

- Heather C.



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