

# The Feelings Wheel

The Feelings Wheel was created by Dr Gloria Willcox as a tool to help identify our emotions. You can start by choosing a segment of the wheel that fits your general feeling. Then explore all the emotion words in that segment to pinpoint exactly how you feel.

Learn to label emotions and support your child to label their emotions. If you do this repeatedly, they will learn to identify emotions more easily which could help them to talk about them more readily, and lead to improved management and regulation of their emotions.

