

## Emotions wheel



**Step 1:** On the inner ten sections write down ten different generic emotions such as sad, happy, scared.

**Step 2:** Working out from the first emotion, such as sad, write an associated emotion that accompanies sad on the next ring of the circle, such as lonely.

**Step 3:** Continuing to work out towards the edge of the circle adding other emotions that may be linked to sad.

**Step 4:** Once you have reached the outer ring of the circle for the first emotion (sad), follow the same process for all the other emotions.

By the time the wheel is full there will be a host of emotional vocabulary that has been chosen to help expand feelings.

