





KIDS' FEELINGS WHEEL

The goal isn't to make your child name every feeling perfectly. It's to help them learn that feelings have names, feelings are okay, and feelings can be talked about.

Try This

Identify: Ask your child, *"How are you feeling?"* If they're not sure, let them point to a feeling on the wheel.

Drill Down: Ask, *"What happened that made you feel that way?"* You don't have to solve the problem. Just get curious.

Remember

Your child's feelings don't always require a solution. Sometimes they need to be heard, understood, and named.

You don't have to agree with every feeling, either. All feelings are okay. Not all behaviors are.

Make It a Habit

Don't wait until your child is having a meltdown to use the wheel.

Use it when things are calm, too. Talk about your feelings. Ask about theirs. Make naming emotions a normal part of everyday life.

The more often children practice identifying their feelings, the easier it becomes to tell you what is happening inside them.

And that's a skill they'll take with them into the teenage years, adulthood, and their future relationships.

One More Thing

When children learn that feelings are safe to name and talk about, they don't have to grow up learning to hide them.

Suggestion:

Put the feelings wheel in a sheet protector, and use a dry-erase marker for repeated use.