

Feelings Wheel for Kids: Free Printable PDF

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How to use it with a child: ask "which face looks like you right now?", read the two words next to it and pick the closer one. Then you can ask, "where do you feel it: in your tummy, your chest, your hands?" If your child points to two faces at once, that's fine: feelings often come together.

Feelings Wheel for Kids

Point to the face that looks like you right now, then pick a word

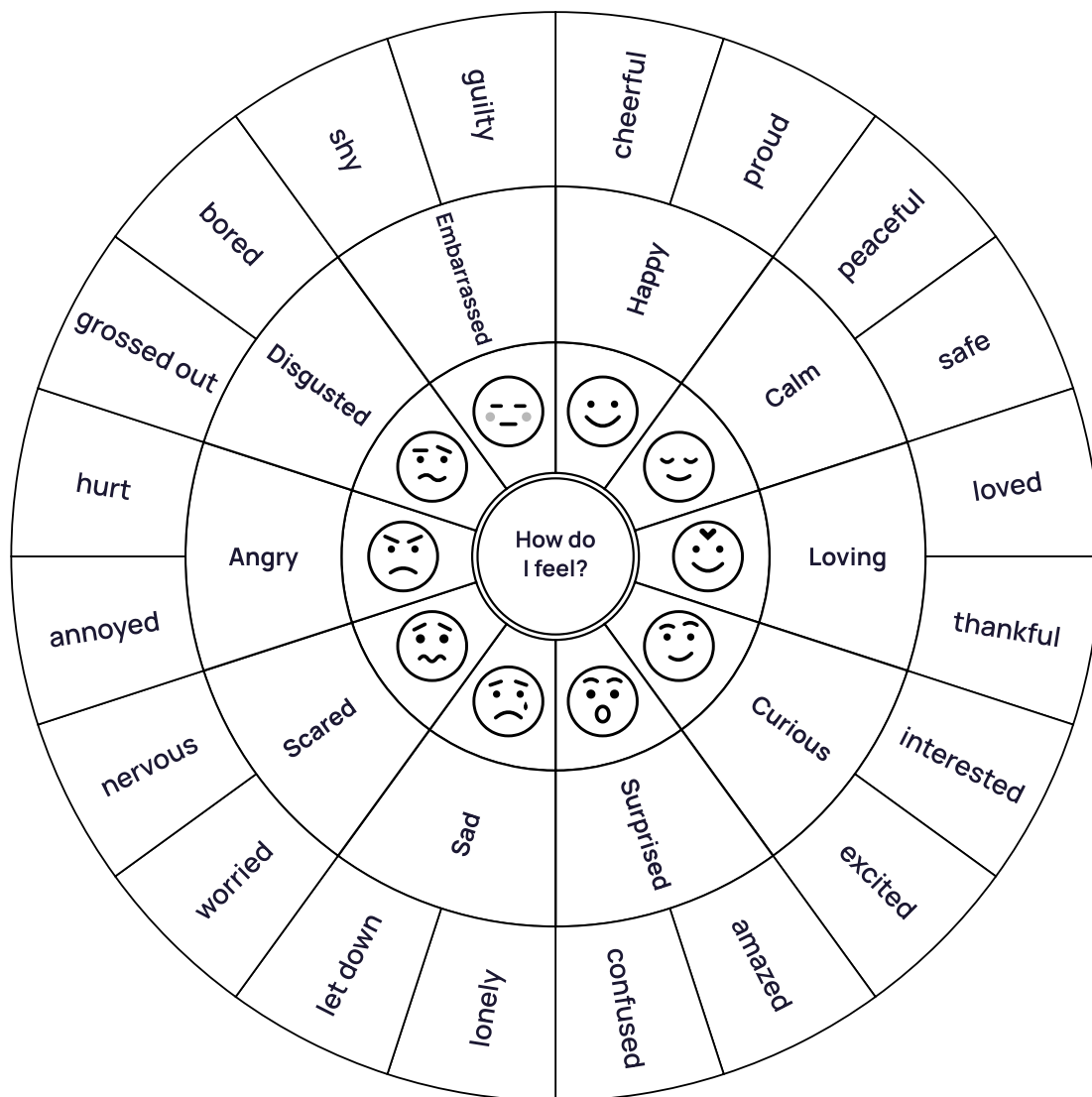


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Coloring page: let your child choose a color for each emotion and tell you why angry is red or green for them.

Feelings Wheel to Color In

Point to the face that looks like you right now, then pick a word



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How to use it: "Feelings Wheel: Free Printable PDF and How to Use It" at emoatlas.com/blog/feelings-wheel-pdf. For self-reflection only; not a substitute for professional advice.