



# Feeling Wheel (English-Spanish)

## Emotional Literacy: Using Feeling Faces

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in replace of the use of challenging behavior. The feeling faces that follow can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

- ▶ Use the pictures to talk about, identify, and describe different emotions when you or children feel this way.
- ▶ The feeling faces can be used as part of an “emotion check in.” Children can use the feeling faces to let you know how they are feeling throughout the day.
- ▶ Teach new feeling vocabulary words. Start with a few emotions then move to the more complex emotions. Teach a balance of “positive, comfortable” and “negative/uncomfortable” feelings.
- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person. Use the feeling faces to help you point out and explain the different facial expressions.

## Feeling Wheel: Large Group or Small Group Activities

- ▶ Take turns having children spin the wheel. All children label and model the emotion the spinner lands on.
- ▶ Have one child spin the wheel and “act” out the feeling the spinner landed on. The remaining children “guess” the emotion.
- ▶ Spin the wheel to identify an emotion. Have children take turns discussing a time when they felt or experienced that emotion.

# Feeling Wheel

**Happy**  
Feliz



**Scared**  
Asustado(a)



**Calm**  
Calmado(a)



**Frustrated**  
Frustrado(a)



**Mad**  
Enojado(a)



**Nervous**  
Nervioso(a)



**Sad**  
Triste



**Excited**  
Emocionado(a)

