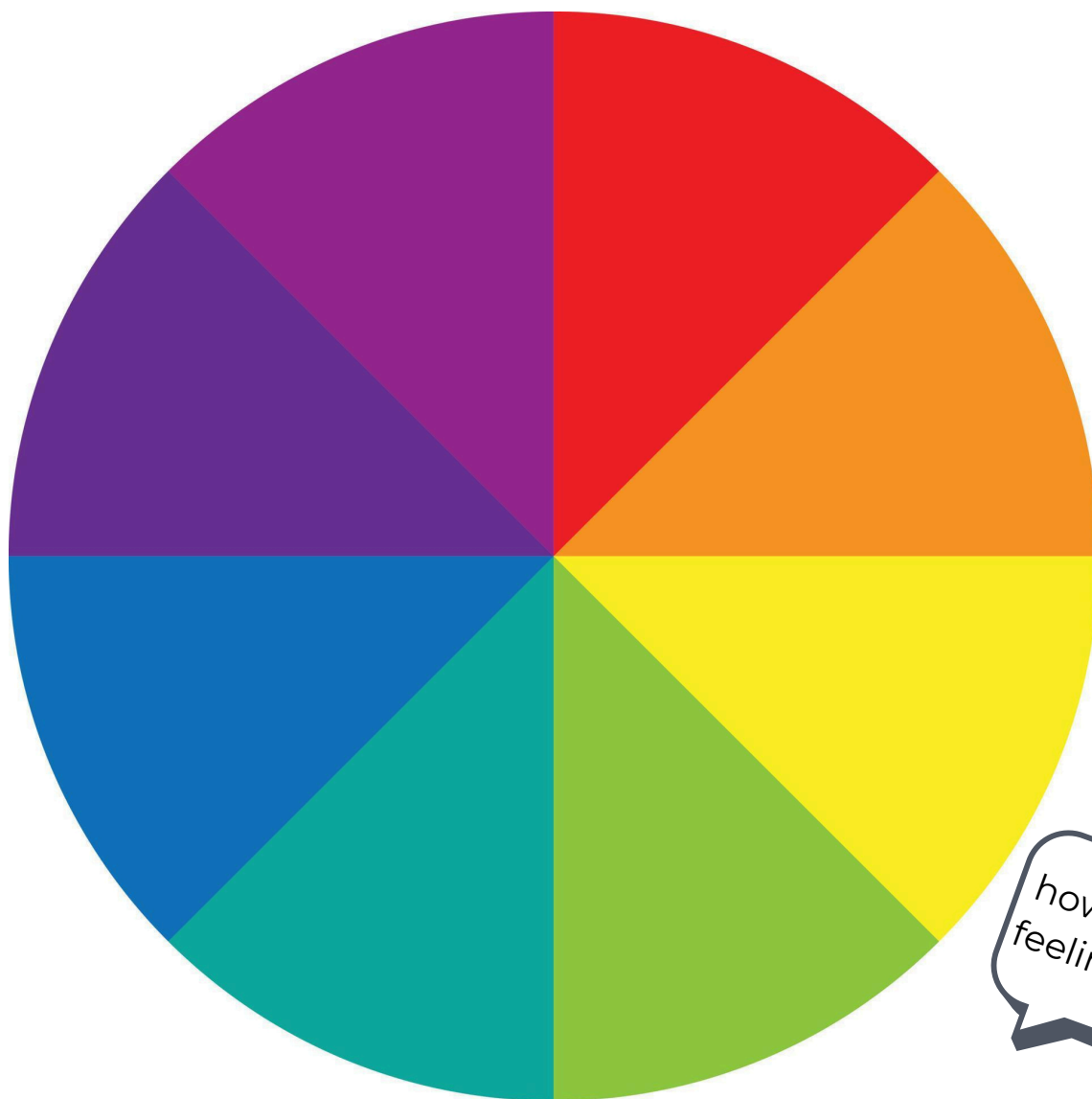


Colour Wheel of Feelings



how are you
feeling now?

What does each colour make you feel?

try and match up
each colour to
different feelings





Guide for parents and carers

Children often feel emotions they can't easily explain. This chart helps make those feelings easier to talk about by linking them to colours. This helps children understand their feelings better and feel more in control, so they know when to ask for help if they need it.

How to Use the Chart

- Talk about different sensations related to different emotions
- Help your child think about how their body feels in different situations.
- Ask: "What colour do you think that feeling is?"
- They can write or draw emotions onto the colour wheel, let them decide what each colour feels like to them.
- Bring up some real examples to help your child recognise different feelings
- Talk aloud about your own feelings to help them learn: "I felt a bit worried this morning before my meeting. It helped when I took a few deep breaths."
- Use conversation prompts
 - Which of these feelings have you had today?
 - Can you point to how you feel right now?
 - What made you feel more calm afterwards?
- Stick it somewhere prominent and try to check in at the start and end of each day.

Happy • Calm • Surprised • Scared • Worried • Sad • Angry • Confused