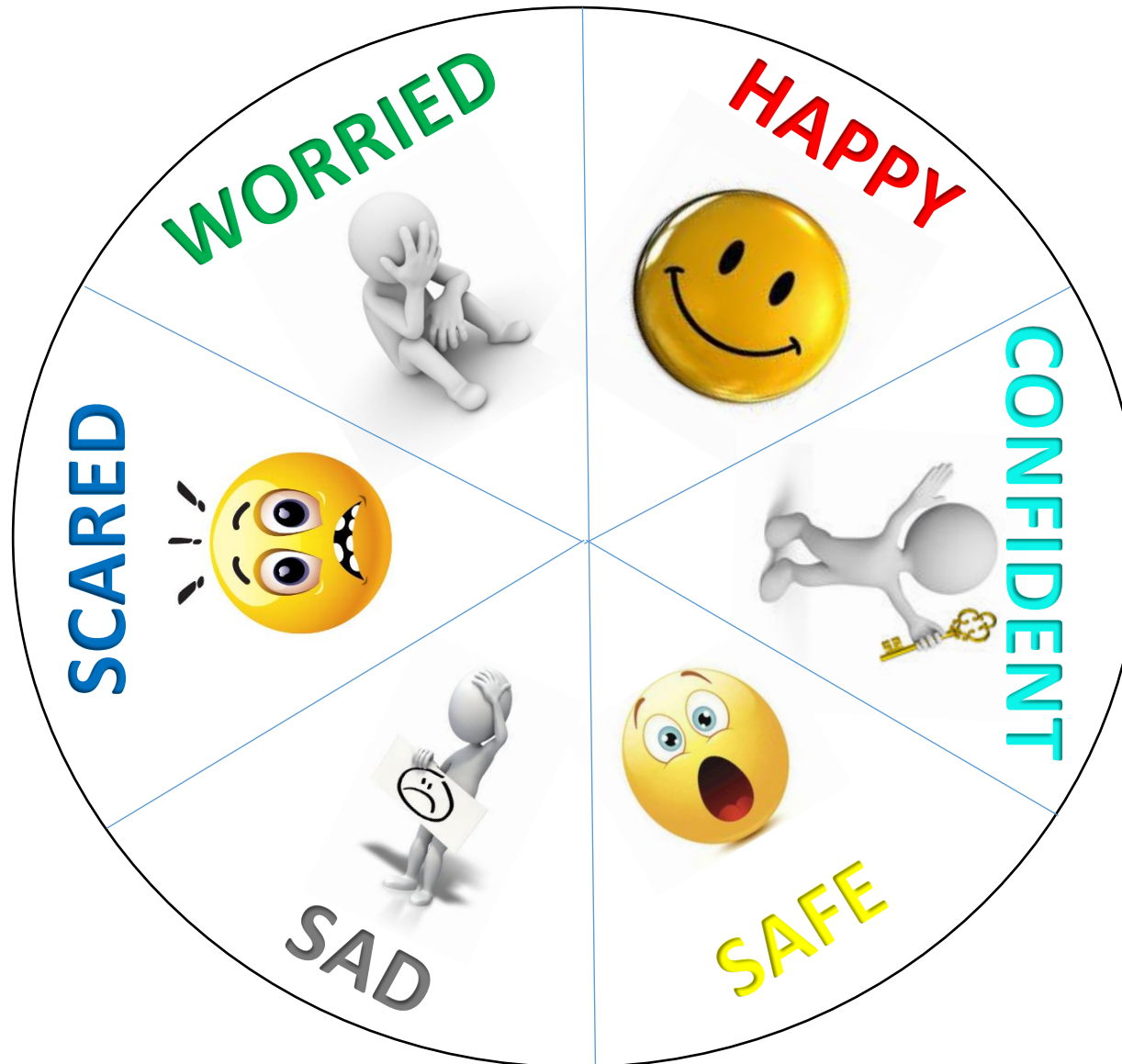


# The Feelings Wheel



The aim of a Feelings Wheel is to explore with the child different feelings they are experiencing or have experienced; engaging the child in conversation and the time to be listened to

How to use the feelings wheel

1) Choose a feeling to explore with the child i.e. Happy. Discuss what things make them happy, things that have happened or they would like to happen which would make them Happy.

2) The feelings wheel is designed so that each feeling has the opposing feeling directly opposite it, this allows you to discuss with the child what they think would need to happen to reach a positive outcome i.e. if they are feeling sad or scared about domestic violence, what they would like to happen so that they can reach happy/safe