

# The Wheel of Emotion

**SESKAT Training  
Toolbox**

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## Description

In “Wheel of emotions”, participants will have the chance to reflect on the different emotions and to creatively work on them.

## Objectives

- To learn to name and recognise different emotions
- To reflect about the way they feel and the way they would prefer to feel
- To have a safe place to talk about emotions and learn that there are no good or bad emotions.

## Connection with Soft Skills and Emotional Intelligence

Self-awareness is the first component of emotional intelligence and therefore crucial in self-emotional management. Participants will have the chance to improve their self-emotional management by reflecting on how they feel and how they wish to feel instead.



# Resources and Materials

For the tool the trainer will need:

- Plutchik's Wheel of emotions, either printed in colour for every participant or shown on the board
- Something to colour with
- a sheet of paper for every participant with a wheel with eight quadrants

## Steps

01

10 minutes: The trainer will introduce the participants to the Plutchik's Wheel of emotions and answer questions that may arise.

02

10 minutes: The trainer asks the participants to reflect about which emotion(s) they are feeling at the moment and which one(s) they would like to be feeling instead.

03

15 minutes: Participants will get plenty of colours and a sheet of paper representing a wheel with eight quadrants. They now have to choose eight emotions, including the ones they were feeling and the ones they wish they would feel, and have to represent them on the wheel. They can use different colours, patterns, and textures.

04

15 minutes: It is now time to reflect about the activity. How do the participants feel? Have they discovered anything they were not fully aware of? How does thinking about one's emotional state affect the emotional state?

# Learning Outcomes

Participants will not only gain knowledge about the different emotions, but they will learn how to regulate them by reflecting on how they feel/how they wish to feel.

