



# Feelings wheel

It's really important to think about how things make us feel- and to remember that something that makes us feel happy may not make another person feel the same.

How do you feel:

- Whizzing round on a roller coaster
- Standing up in front of people to speak
- When you hear a piece of music
- When someone says something nice to you
- When you make a mistake
- When you have upset a friend

Point the feelings wheel to the feeling that you experience to the situations above. If you are happy to, share your feelings with the rest of the group.