Children & Young People's Health Services
Norfolk & Waveney
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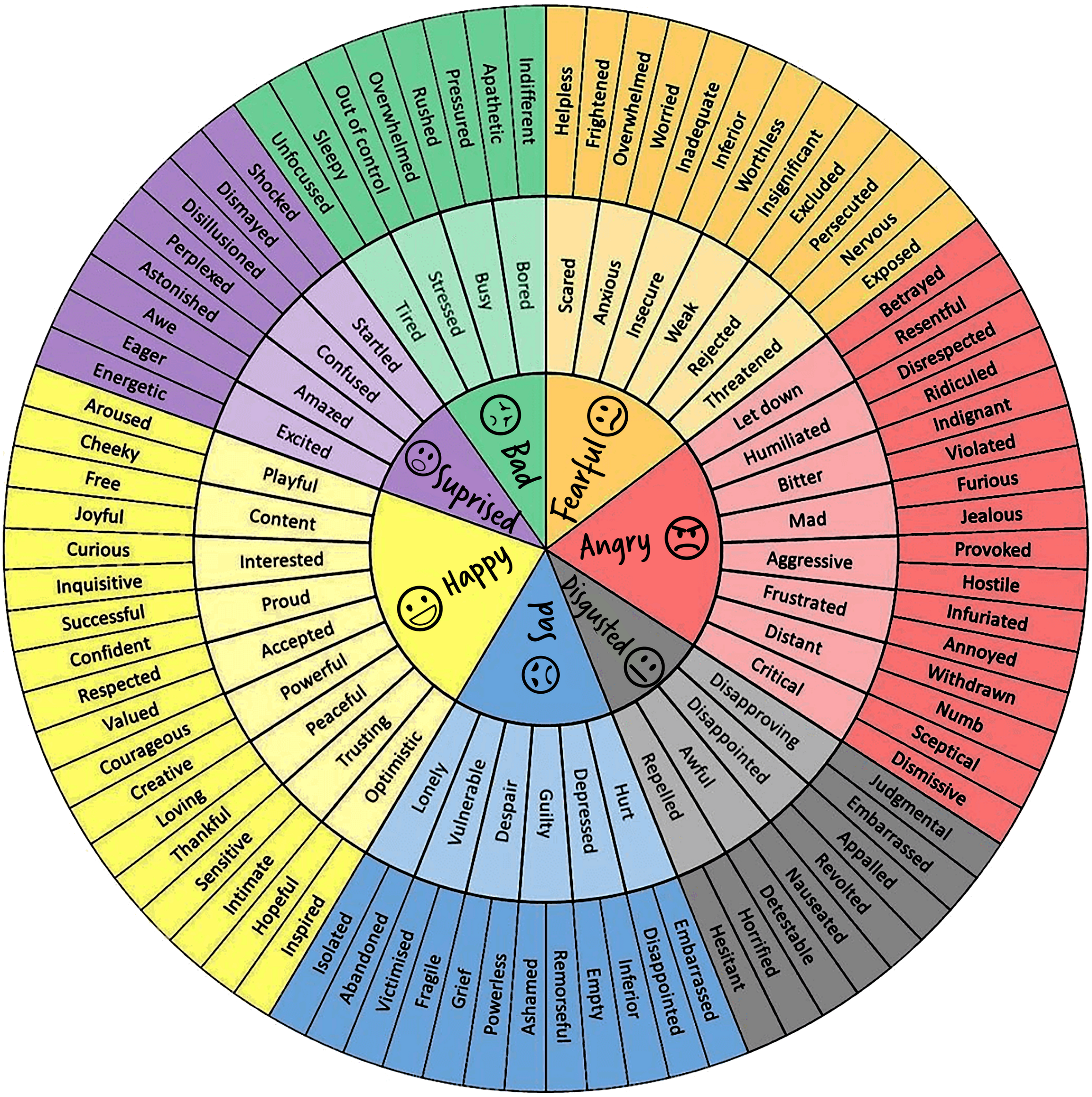
NHS

Emotion Wheel

The emotion wheel is a visual aid to help understand our core emotions and give examples of the variations we can feel. This helps build self-awareness and ability to name emotions at their differing levels of intensity.

The wheel is separated into 7 coloured wedges which represent the core emotions found at the centre of the wheel. The outer ring contains examples of lower level intensity feelings while the middle ring contains names for more intense variations of the centre emotion.

Using this while thinking about your emotions can help you understand that emotions can vary in intensity while expanding your emotional vocabulary.