



Wheel of emotions



Introduction

Emotional literacy helps promote students' personal, social, and emotional development. This resource supports students to identify and describe their own emotions and/or the emotions of others. Becoming more familiar with emotional states helps students analyse and understand perspectives.

When studying perspectives, we try to identify:

What someone has said

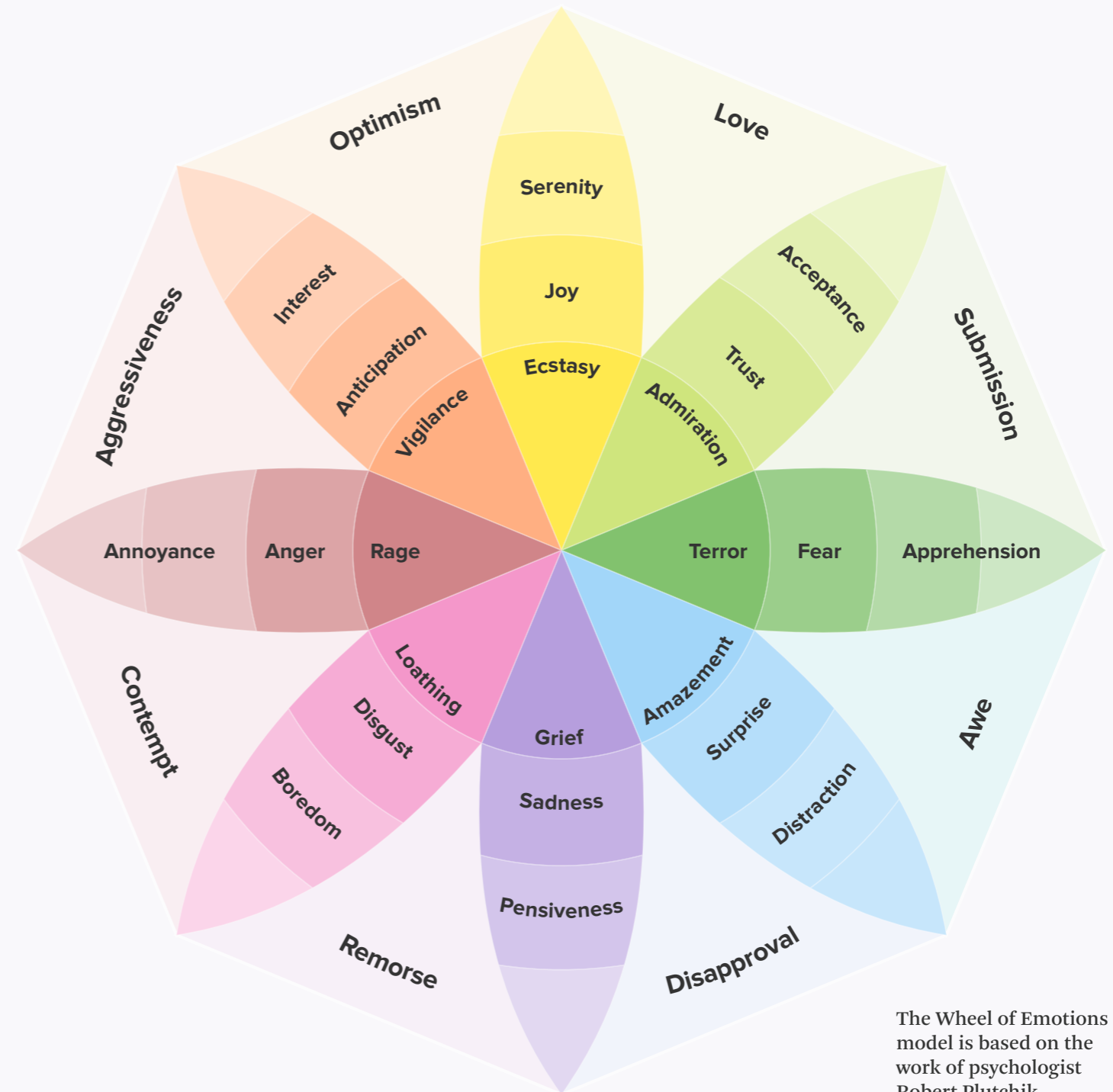
What **emotions** are expressed

What **values** underpin what is said

What **actions** are taken as a result

Prompt questions

- 1 What emotions can you identify in Source X?
- 2 What emotions is Person/Group X expressing?
- 3 What quote/statement shows this emotion?
- 4 How has learning about _____ made you feel?
- 5 What other emotions/feelings could be added to this wheel?



The Wheel of Emotions model is based on the work of psychologist Robert Plutchik.