

# SHIKSHA BHARATI GLOBAL SCHOOL

## SECTOR-8, DWARKA, NEW DELHI-110077

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### Workshop On Emotion Wheel Activity Class I & II

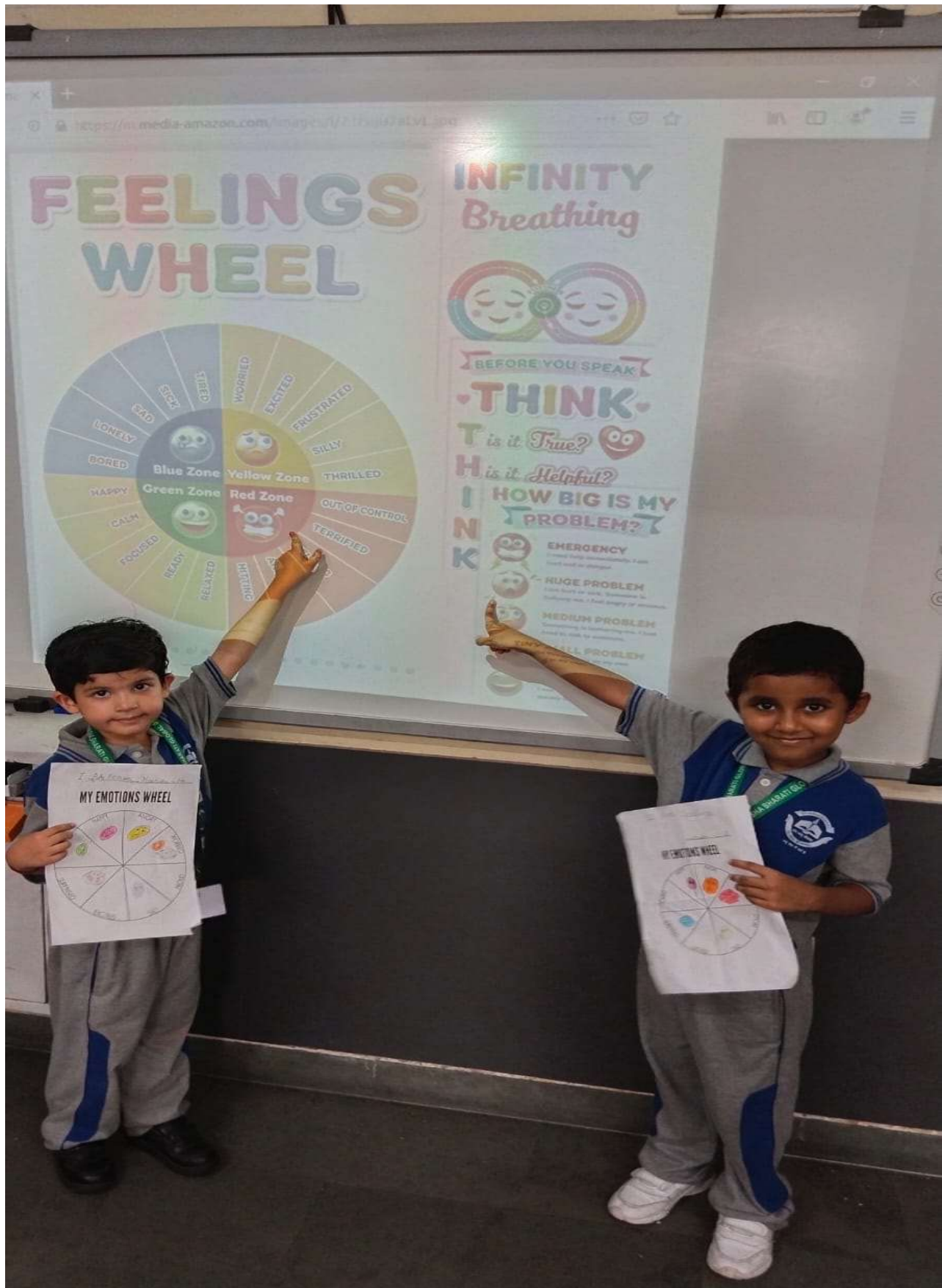
A workshop on the topic "**Emotion Wheel**" was conducted for the students of **Classes I and II** with the objective of helping them recognize, understand, and express their emotions in a healthy and creative way. During the activity, each student was provided with a "**My Emotion Wheel**" worksheet featuring a variety of emotions such as happy, sad, angry, excited, scared, surprised, and calm. Students were encouraged to draw facial expressions that matched each emotion in the designated sections of the wheel. They then identified the emotion they were experiencing at that moment and coloured that section of the wheel.

The interactive activity enabled students to explore different feelings, understand that all emotions are natural, and build emotional awareness. It also encouraged self-expression, creativity, and meaningful classroom discussions about emotions in a safe and supportive environment.

The workshop was engaging and enjoyable, with enthusiastic participation from all students. It successfully promoted emotional literacy and helped children develop the confidence to identify and communicate their feelings.







# FEELINGS WHEEL



## INFINITY Breathing



BEFORE YOU SPEAK

**THINK**

Is it *True*?

Is it *Helpful*?

HOW BIG IS MY PROBLEM?

**EMERGENCY**  
I need help immediately. I get much worse if ignored.

**HUGE PROBLEM**  
I can't live or work. Something is badly wrong. I feel angry or worried.

**MEDIUM PROBLEM**  
Something is bothering me. I don't need to ask for assistance.

**SMALL PROBLEM**  
I can deal with this myself.

### MY EMOTIONS WHEEL



### MY EMOTIONS WHEEL



# FEELINGS WHEEL

for kids



INSTANT  
DOWNLOAD



ay to  
identify  
their  
emotions

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