

## Emotions Wheel

Try using the wheel to see how you feel...

There is no such thing as a 'good feeling' or a 'bad feeling'. A bit like the weather, we need to feel all our feelings.

We can't have sunshine without having rain. There is nothing 'wrong' with feeling any feeling. They are all there to do a job – they tell us if we need to look after ourselves or if we need help.

