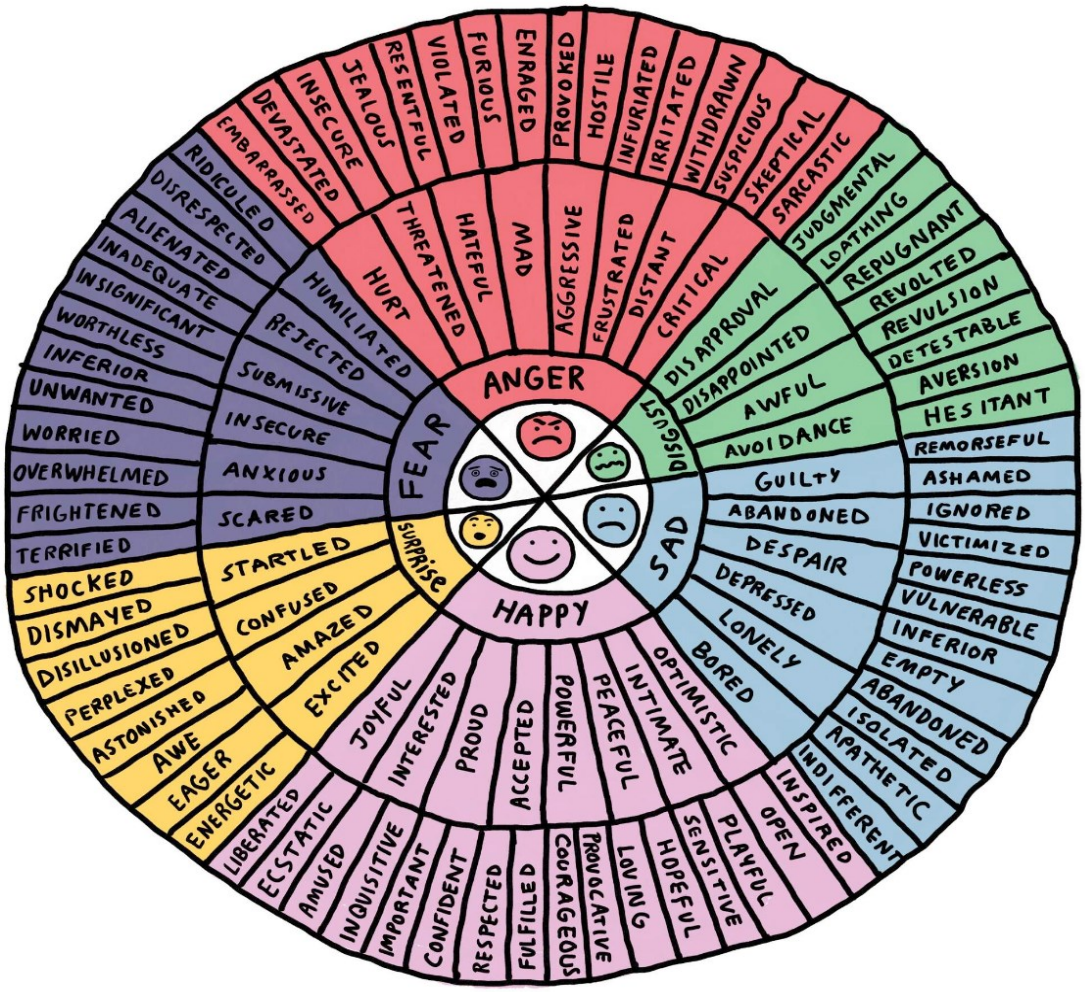
A Guide for: Anyone	**Emotion Wheel**	Created by: Rally Youth



How to use:

Being aware of the emotions youth are feeling, why they're feeling them and how intense they are can help youth to identify challenging moments, grow emotional intelligence and equip them to handle stressors later in life. This wheel can be used from the Outside working Inwards to help trace back the core emotion that a youth might be feeling. This can then be used to identify events and triggers that led to this particular emotion.
It can also be used from the Inside working Outwards to identify specific emotions that an individual is feeling if they are not sure how to express it and then can begin to process what led to those emotions and ways to cope.

- Chat about your kid's day, and how they felt at different points in time.
- Use this emotion wheel before, or after, a time of heighten emotions with your youth.
- Practice empathy by using the wheel to indicate how others are feeling (in cartoons, on TV, in movies, in real life, etc).
- You could model by talking about how you felt during a similar emotional experience, or encourage your child to do the same.

Questions to ask youth:

- What is coming up in your week that will be difficult?
- What do you think was happening that led to you feeling _____ ?
- What is something that helps you process your emotions/cope?
- Has anything else helped in the past?
- This might seem like a dumb question, but do you know why you are most upset about that?
- What are the worst/best times for you?
- When event occurred, I felt _____, what emotion were you feeling?
- Is there anything you want to talk with me about that might be tough to say?
- Do you have any ideas on what we can do next time you are feeling this way?
- What can I do to help?