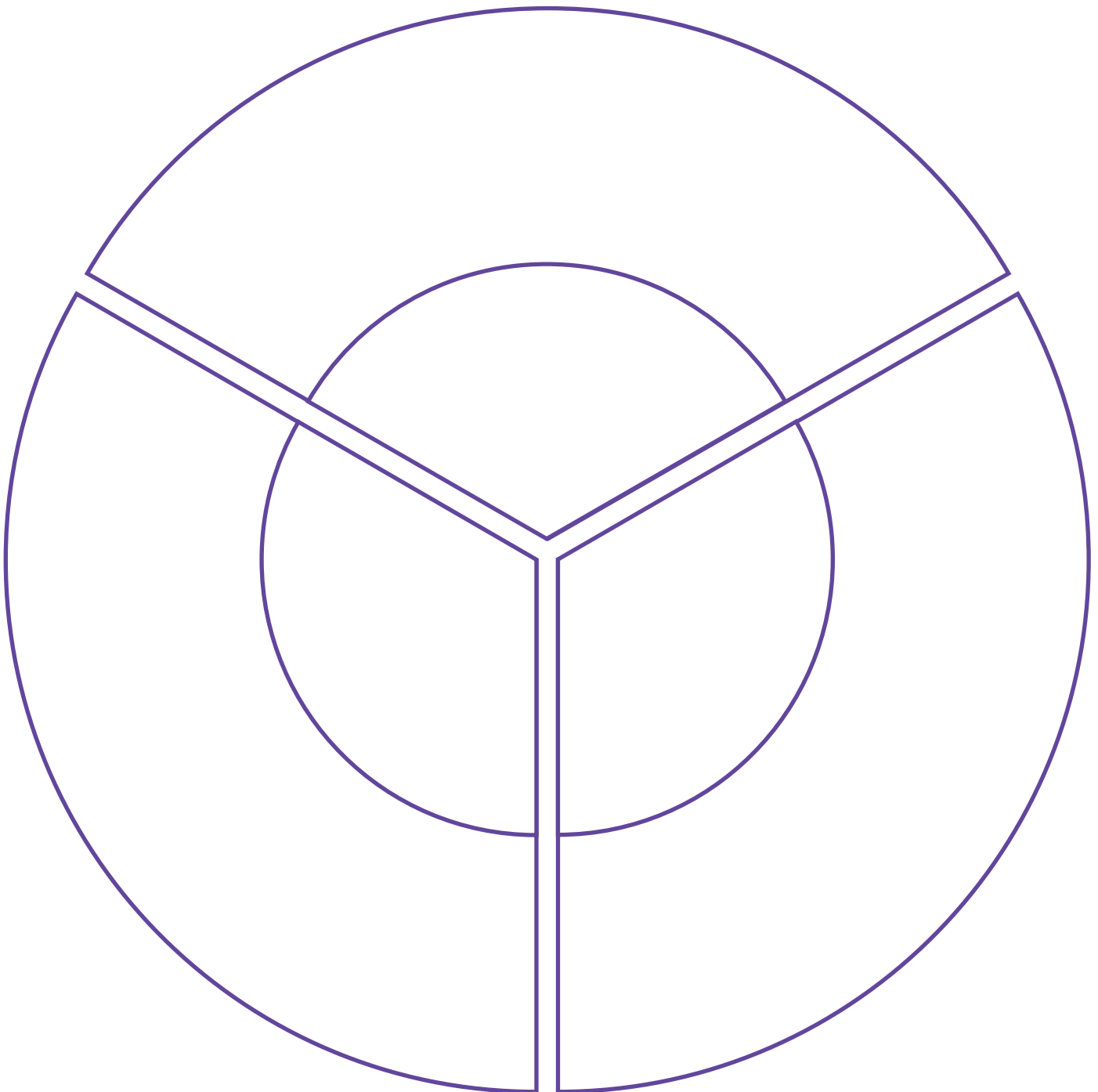


Feelings Wheel

Sometimes, we feel unhappy or cross. This is OK but it is important we know what to do when we are feeling this way. This is so we don't hurt others or ourselves.

Draw three things which make you feel unhappy or cross in the middle of the wheel. Then, draw the things you could do to help you feel better in these situations on the edge of the wheel.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).