

# The Feel Wheel

## Primary Competency:

- CASEL: Self Awareness
- xSEL Labs: Emotion Recognition

## How *The Feel Wheel* Impacts Students:

We will be able to...

- Understand how different situations make us feel different ways.
- Recognize that the same situation makes different people feel different ways.

In *The Feel Wheel*, we will express emotions using facial expressions, movements and emotional vocabulary.



## Skills:

- Identify and express feelings.
- Discover differences.

## How to facilitate *The Feel Wheel* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students can participate next to their desks or at the front of the classroom. Ensure there is enough room to move around when displaying their emotions.
- Follow along with your students! Reinforce these skills and model active participation.

## ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

Turn and share with a partner:

- Current emotion and a color that describes that emotion.
- Take turns asking and answering the following questions: How do you feel when.... It's raining? It's sunny? You play outside? You watch TV?