

FEELINGS WHEEL

Understanding our feelings is a gift from God that adds color and depth to our lives. He created our children and us as emotional beings and knows exactly what we're going through.

Before we can handle our strong emotions, we first need to recognize and name them. Building a vocabulary for our feelings helps us pinpoint what's going on inside us at any given moment.

One useful tool for this is the Feelings Wheel. At the center are the main emotions, surrounded by more specific ones on the outer rings. You can use this wheel with your child to figure out their feelings and discover new ways to talk about them. It's a great resource for helping your child understand and express themselves better!

