

Materials	Access to the internet
Learning Outcome	Recognize a variety of emotions including opposite emotions, mixed emotions, and intensities of emotions.

## Description

Ask the child to name as many emotions as possible. After they have done so, visit [Plutchik's Wheel of Emotions](#) webpage and look at the wheel of emotions together. Review each section of the wheel and think about what the sections have in common. Observe the emotions with no colour and guess what they may mean. Read all of the emotions and provide a definition for any that the child does not know. After reviewing the Wheel of Emotions, share with the child that Robert Plutchik was a psychologist that stated there are eight basic emotions: **joy, trust, fear, surprise, sadness, anticipation, anger, and disgust**. Each basic emotion has a polar opposite. This means:

- Joy is the opposite of sadness
- Fear is the opposite of anger
- Anticipation is the opposite of surprise
- Disgust is the opposite of trust

Look at the webpage again and explain to the child that the emotions with no colour represent an emotion that is a mix of two of the basic emotions. For example, the emotions of anticipation and joy combine to be the emotion of optimism. Also, explain that emotions get more intense as they move from the outside of the wheel to the center of the wheel. You can see this represented on the wheel with the darker shades representing the most intense emotions. After looking at the wheel again, ask the child:

- What do you think happens if you experience the emotion of annoyance but do not manage or address the emotion? What about apprehension?
- What two emotions mix to make the emotion of love? What about aggressiveness?
- Which emotions on the wheel do you think are positive? Which are negative?
- Can you think of a time your emotions intensified? What happened?
- What strategies can you use to help you manage and address emotions?
- One of the critiques of the Wheel of Emotions is that it does not include pride and shame, which are important emotions that are opposites. Do you agree with this criticism?

Share with the child that the Wheel of Emotions can support them in thinking about a variety of emotions and how they are related. They can use the Wheel of Emotions to help them identify how they are feeling.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *How could you use the Wheel of Emotions to help you identify emotions that you might not be able to name?*
- *If someone asked you to describe the Wheel of Emotions, what would you say?*