

The
Mental Wealth Co.

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The Feelings Wheel for Kids

*A kid-friendly wheel of emotions — with a companion guide for
grown-ups.*

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Hi, grown-ups,

The Feelings Wheel is one of the simplest and most powerful tools in a child's emotional vocabulary. Its job is not to be exhaustive — it's to give children a starting point beyond 'good' or 'bad.'

This companion guide shows you how to use the wheel in everyday moments and offers sentence starters you can borrow. The wheel itself is the last page of this PDF, designed to be printed and displayed somewhere your child can see and reach it.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

How to use the wheel with your child

In a calm moment

- Sit together and read the six main feelings out loud.
- Ask, 'What color would you paint each of these?'
- Ask, 'Which of these do you feel most days? Which almost never?'

In a big-feelings moment

- Point to the wheel without pressure. 'Which one is closest?'
- It's okay if they can't answer. Just naming it as a big feeling is enough.
- Try, 'It looks like you might be feeling one of the mad ones. Or maybe one of the scared ones. Both are okay.'

After a hard moment

- Come back to the wheel when everyone is calm again.
- Ask, 'Which feeling do you think was there earlier?'
- Reflect: 'That was a big one. You handled it. I'm proud of you.'

The wheel isn't a test. It's a bridge. You're helping your child notice that inside every big feeling are smaller, more specific feelings — and they can be named.

Sentences you can borrow tonight

"That was a big feeling. Which color on the wheel felt closest?"

"You don't have to know the exact word. Point to the closest one."

"Two feelings can be true at the same time — like nervous AND excited."

"Whatever this feeling is, I'm right here."

"Let's find it together. What color would this feeling be today?"



Point to the closest one. You can pick more than one.

A gentle note.

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If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

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With warmth,
The Mental Wealth Co.