

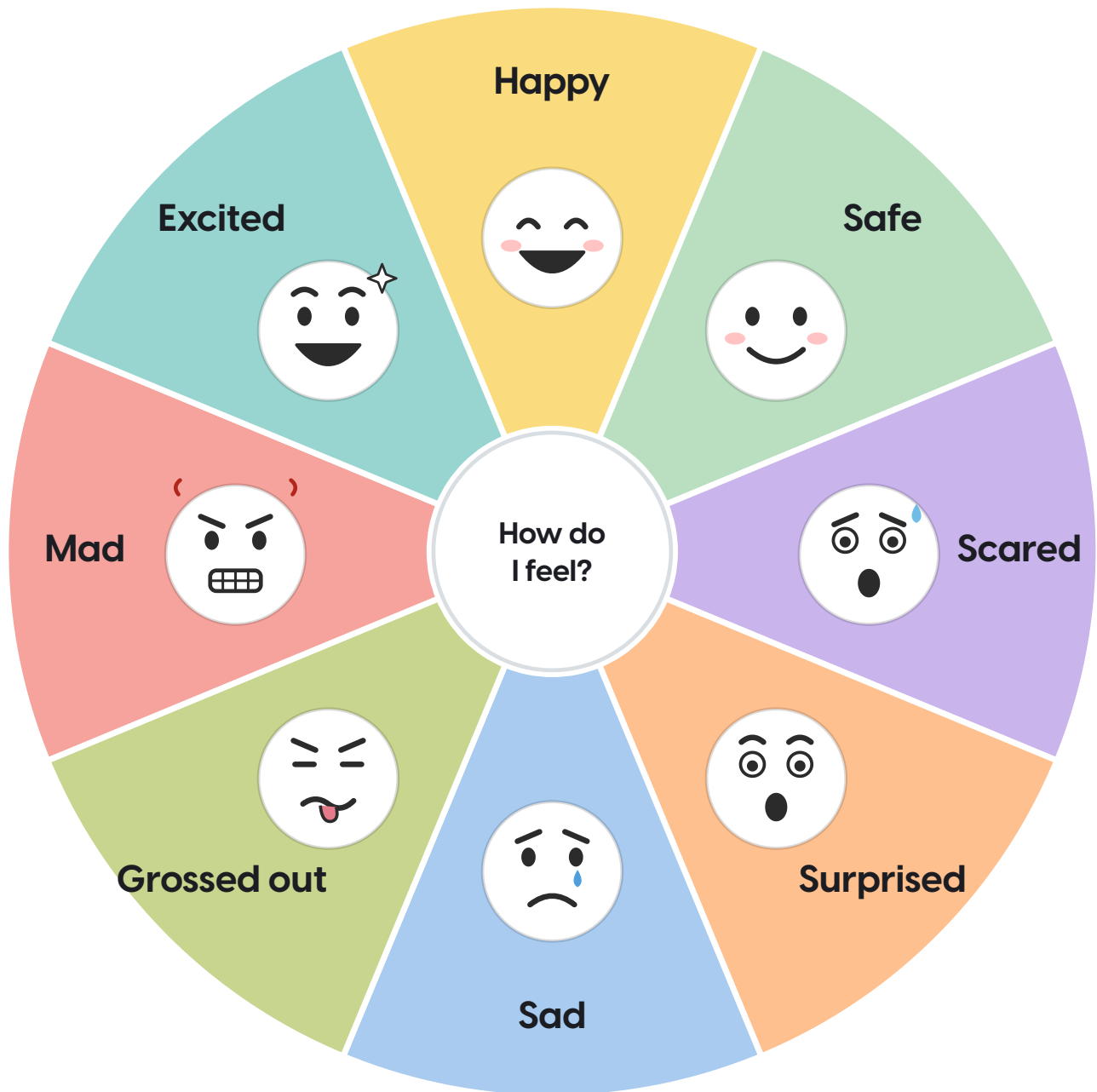
Emotion Wheel

Strongest in the middle, mildest on the outside. Opposite emotions sit across from each other.



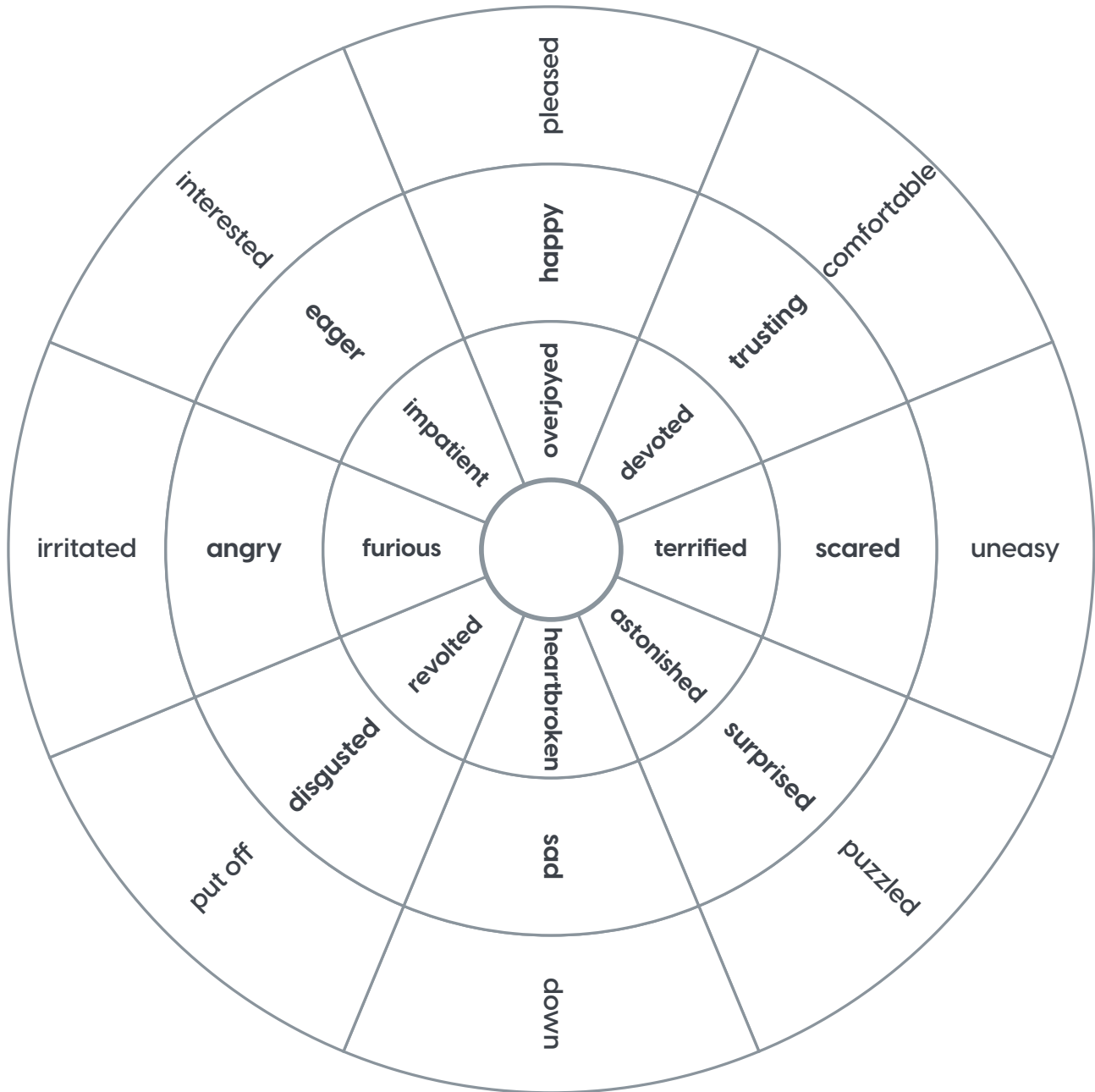
How Do I Feel?

Point to a face. Is the feeling small, medium or big?



Color Your Feelings

Color in the feelings you had today. Use a darker color for a stronger feeling.



Emotion Words by Strength

Move from mild to strong, or across to the opposite.

EMOTION	MILD	MEDIUM	STRONG	OPPOSITE
Happiness	pleased	happy	overjoyed	Sadness
Trust	comfortable	trusting	devoted	Disgust
Fear	uneasy	scared	terrified	Anger
Surprise	puzzled	surprised	astonished	Anticipation
Sadness	down	sad	heartbroken	Happiness
Disgust	put off	disgusted	revolted	Trust
Anger	irritated	angry	furious	Fear
Anticipation	interested	eager	impatient	Surprise