

Khululeka

grief support for children and youth

The Feelings wheel

Goal

The purpose of this exercise is to develop emotional literacy and help children realize that they have choices about how they deal with their emotions.

Method

Brainstorm feelings we experience when we are stressed or grieving using the smileys.

After brainstorming the feelings select those you want to include on your wheel.

Write down 8 or 16 things you can do to relieve them

Make 2 circles

one small one for the feelings

one big one for the reactions

Make 2 arrows

One short one for the feelings

One long one for the reactions

Put the circles on top of each other and pierce them with the admin clip, so that the order is like this:

big circle big arrow little circle little arrow

Identify the feeling by first turning the small arrow than with the large arrow chose what you want to do.

Resources

2 A4 Card board sheets

1 big Brass Admin Clip

Scissors

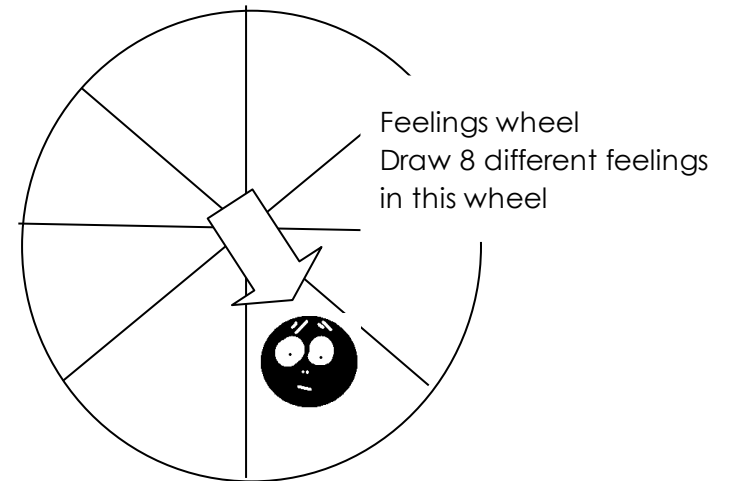
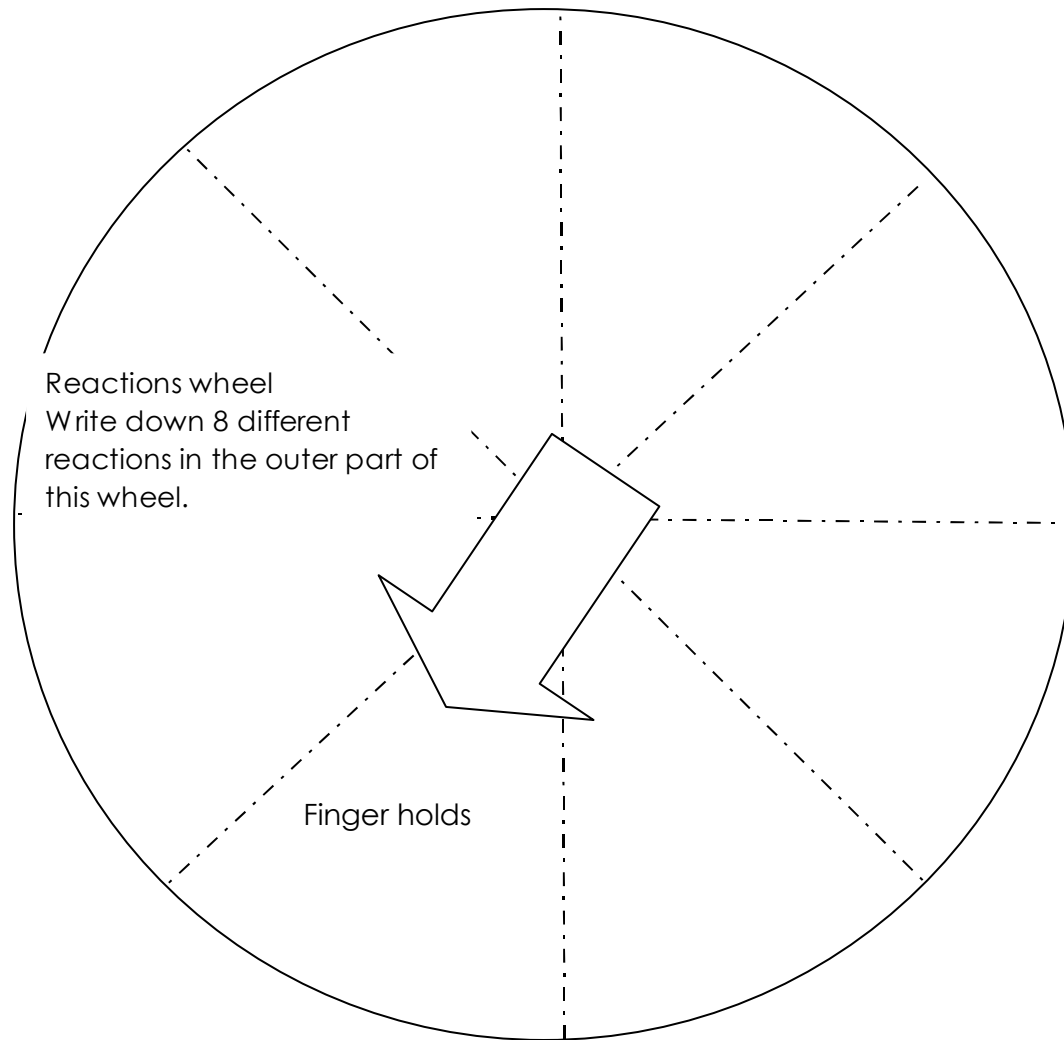
Pencil, pen, crayons, or kokis

Compass or round object like a plate and saucer of circle size

Ruler

**It is best to cut the wheels and the arrows in advance.
Please be aware that the preparation takes quite a long time**

Khululeka - grief support for children



Smilies



Happy
UKonwaba



UKongonwabi
Sad



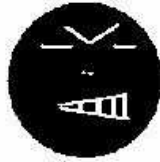
uKothuka
Surprised



Determined
UKukhululeka



Frightened
UsoyiKa



Unomsindo
Angry



UKizithemba
Confident



Anxious
xhalabile



Frustrated
Kundandatheka



Ugodola
Cold



uKubalilolo
lonely



Embarrassed
uhlazekile



Interested
Unomdla



uKonxapha
Exhausted



Make up your
own



Make up your
own

