



Co-funded by  
the European Union



# Activity sheet

## The wheel of emotions

**Duration:** 45 minutes

**Number of participants :** 5 to 20 participants

**Age :** From 12 years

### **Material :**

- The wheel of emotions printed in large format (A3) and/or projected onto a screen.

### **Objectives :**

- Become aware of one's emotions.
- Verbalize one's emotions.
- Be able to explain one's emotions to others to avoid conflict.

### **Progress:**

#### **Step 1: Presentation of the "Wheel of Emotions" tool (5 min)**

The wheel of emotions is a tool based on the work of Paul Ekman in 1970, which identified the primary emotions we all feel: joy, anger, sadness, surprise, fear and disgust. These broad categories of emotion each encompass different levels of more precise and complex emotions, which are also very varied. These include, for example, frustration in the case of anger, or pride in the case of joy. Knowing about this wide range of emotions helps us to identify the adjectives that best describe how we feel. In other words, it allows us to put into words what we are really feeling, with greater precision about what is going on inside us.

#### **Step 2: Associate situations with feelings (30 min)**

The participants are grouped together in front of the wheel of emotions, which should be easy to read. The facilitator tells the participants that all the emotions they feel in relation to environmental issues are normal and valid.



The facilitator indicates that he is going to state one by one the subjects to which the participants will have to respond by selecting one or two emotions from the wheel in the second and third circles. The emotions are chosen according to how they feel about the subject in question. Participants should avoid choosing emotions from the first circle that are too general to reflect their own feelings. In turn, each participant shares with everyone the emotion he or she associates with each of the subjects mentioned, and why.

The following statements can be presented by the facilitator:

- Developments in climate change
- Plastic waste
- Biodiversity
- Climate protests
- My future on this planet
- Government action in response to environmental upheaval
- Scientific discoveries about climate and biodiversity

We recommend that you spend around 10 minutes per statement, and that you extend or lengthen the time depending on the discussions that follow.

### **Step 3: Discussion (10 min)**

Participants may be invited to discuss the following points:

- Has the wheel of emotions helped you to better identify and understand the emotions you feel in relation to each of the situations discussed?
- Was it difficult for you to choose the emotion or emotions that were most appropriate
- Were you surprised by what you actually felt?
- Which of the situations mentioned triggers the strongest emotions in you?