



PURE BEGINNINGS CONNECTED FAMILY SERIES // WEEK ONE

# OUR FAMILY EMOTION WHEEL

IN PARTNERSHIP WITH **DR. JENNY ROSE**, PARENT CHILD EXPERT

## HOW IT WORKS:

Each family member has an opportunity to spin the wheel. The emotion they land on becomes the 'theme' of the story they tell. Each family member needs to tell a story about something from their day that may have elicited that emotion. For example, if landing on the angry emotion, a family member would need to mention something in their day that may have made them feel angry. This can be followed by some gentle and inquisitive questioning, and asking about the scenario. Family members can use the opportunity to reflect on what that must have been like, and validate and acknowledge the emotional experience. From there, family members can move to problem solving, where they put their heads together to help with a solution, if there needs to be one.

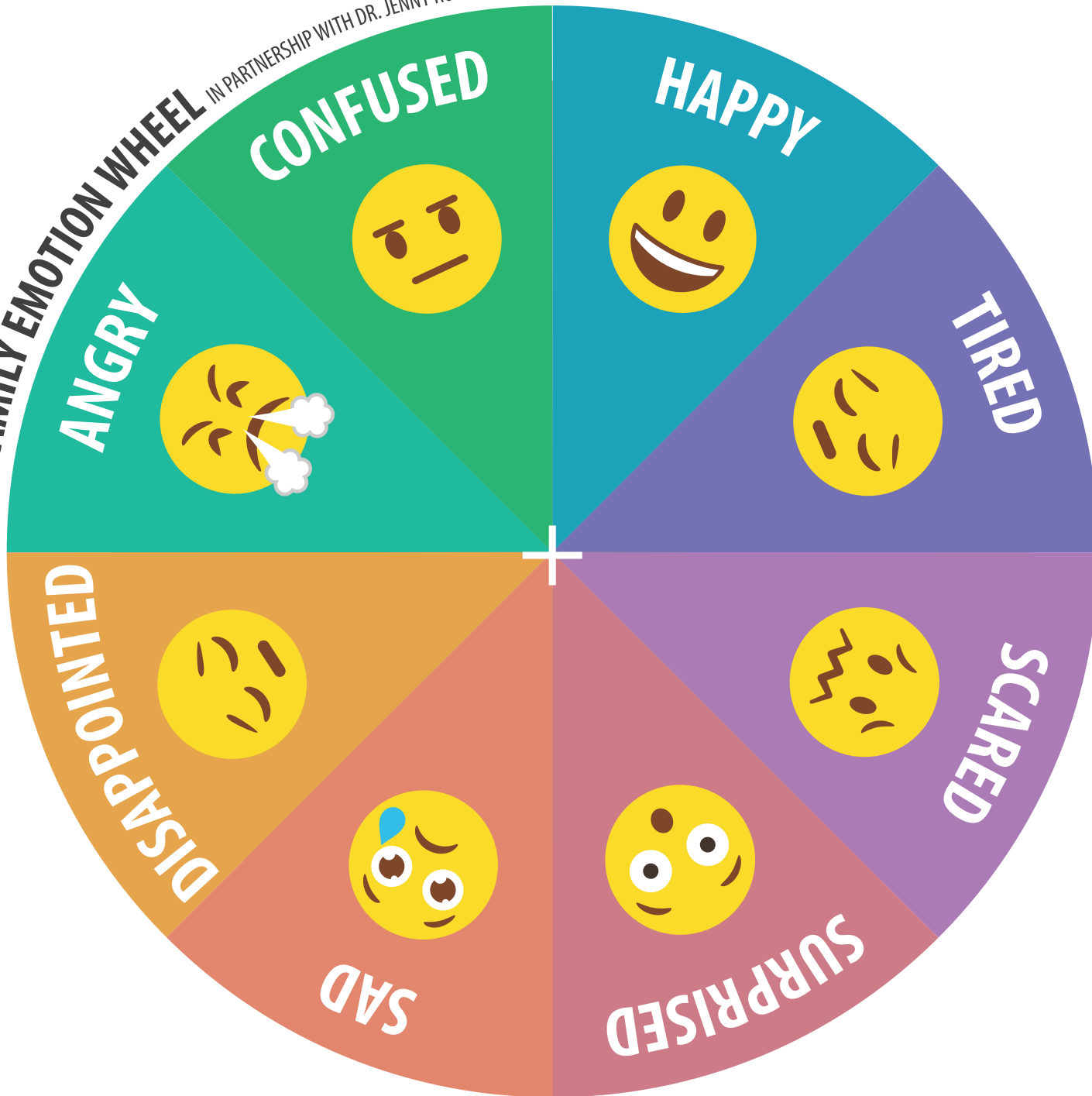
## THIS ACTIVITY IS FOCUSED ON THE FOLLOWING GOALS:

- This activity helps family members to process emotional experiences from the day.
- It helps to equip children with an emotional vocabulary. They become familiar with emotional content, and are also able to identify and label certain emotional experiences.
- When the label of the emotion is paired with the emotional experience, children are better able to identify what they are feeling in similar situations in the future.
- Your child is building emotional regulation skills and a greater capacity for holding, containing and processing emotions.
- Encourages connection between the family, sharing of both good and difficult experiences.
- Family members are able to model empathy and kindness.



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Directions:  
Cut along the dotted line and join the cross to the cross on the circle with a drawing pin

