



Oskar's Not-So-Simple Comeback Identifying Emotions with an Emotion Wheel

Being able to describe and identify the emotions that you feel is important, so let's talk about some of the emotions we saw in the show.

What emotions did Oskar deal with in the show "Oskar's Not-So-Simple Comeback"?

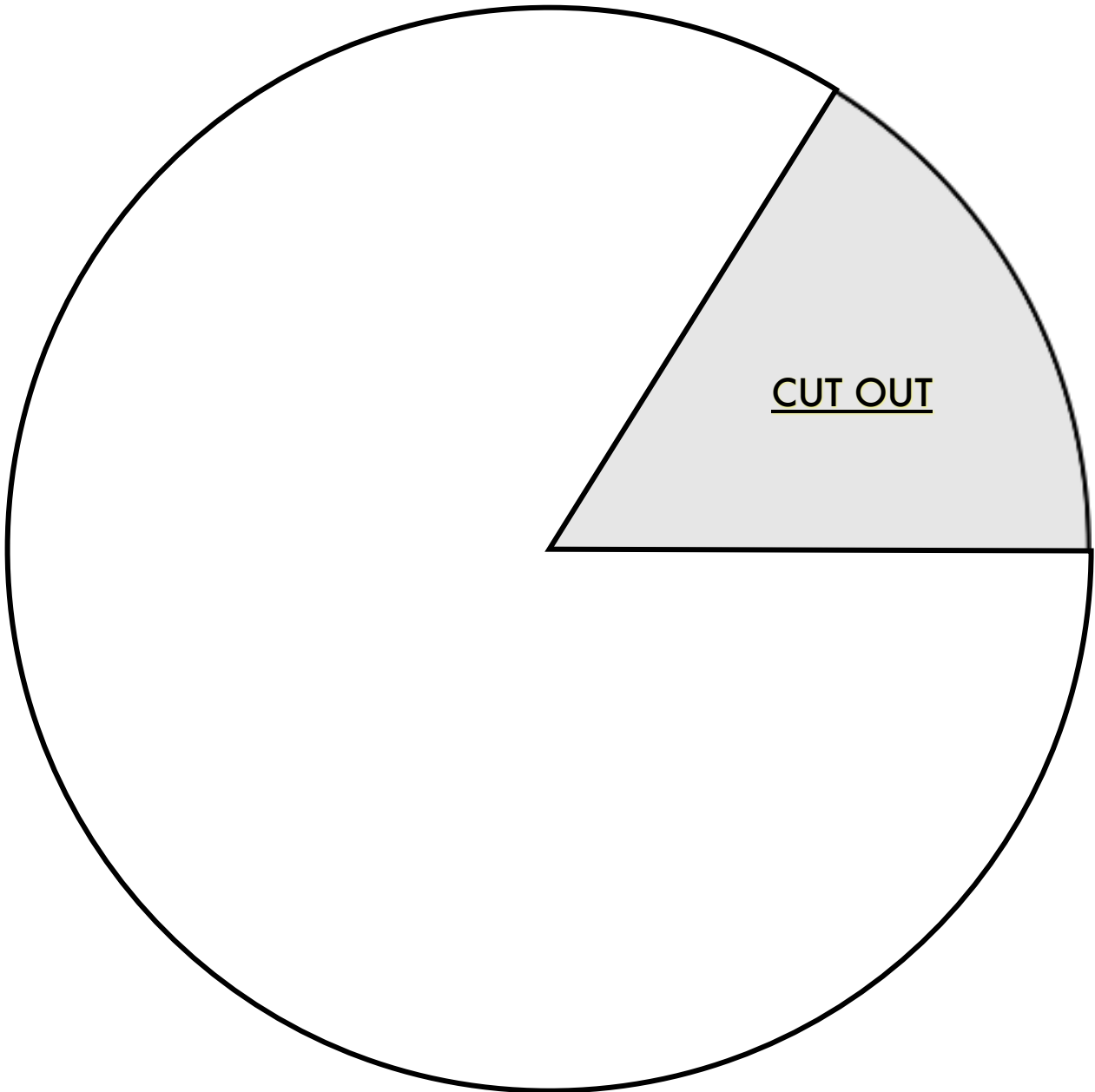
What other emotions do you feel in your lives that didn't show up in the play?

Now let's build an emotion wheel to help us practice describing and identifying our emotions!

1. Color, draw images, or write phrases on each section of the emotion wheel.
2. Cut out the wheel, cut out the cover, and cut out the marked section.
3. Put the cover circle on top of the emotion wheel and secure it with a brass fastener in the center of the circles.
4. Twist the cover around to reveal how you are feeling today. You can use this every day to learn how to identify and communicate how you're feeling.



Cover





Emotion Wheel

