Introduction
Emotional literacy helps promote students’ personal, social, and emotional development. This resource supports students to identify and describe their own emotions and/or the emotions of others. Becoming more familiar with emotional states helps students analyse and understand perspectives.

When studying perspectives, we try to identify:
What someone has said
What emotions are expressed
What values underpin what is said
What actions are taken as a result

Prompt questions
1. What emotions can you identify in Source X?
2. What emotions is Person/Group X expressing?
3. What quote/statement shows this emotion?
4. How has learning about _________ made you feel?
5. What other emotions/feelings could be added to this wheel?

The Wheel of Emotions model is based on the work of psychologist Robert Plutchik.