Activity sheet

# Activity: Plutchik’s emotion wheel (Adapted from Castle and Buckler, 2021: 148)



 Convert Plutchik’s emotional wheel into a record sheet so that you can record instances where you observe a particular emotion.

 As the opportunity arises during a normal school day or lesson if you prefer, record any examples of emotions that appear on your record sheet.

 If you feel that you are able to do the same for emotional blends then do the same as above.

 *A word of warning*: you may need to establish what each emotion looks like before you start, in terms of the observable characteristics. If you cannot ‘see’ it you cannot record it.

An example:

|  |  |  |  |
| --- | --- | --- | --- |
| **Emotion or emotional blend** | **Defining characteristics** | **Learner/ Student** | **Observation notes** |
| Example: joy | Example: smiling, enthused, and so on.  | Example: Learner A | Example: what were the antecedents, behaviour, consequence?(Skill/challenge balance was appropriate, learner engaged well with success, learner was enthused, learner took pride in their work. |
|  |  |  |  |
|  |  |  |  |