**The Wheel of Emotion**

**The Wheel of Emotion Key**

Second circle The 8 core emotions

Towards centre of the circle Emotions Intensify

Towards edges of the circle Emotions decrease

In between each sections Emotions which are a mixture of two core emotions

The Wheel of Emotion was designed by Dr Robert Plutchik in 1980 and he proposed there were 8 core emotions which the rest of our emotions stem from. By using the wheel, we can learn how to identify different emotions and act accordingly.