

# Activity Plan



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NAME OF THE ACTIVITY: EMOTION WHEEL PUZZLE

## OVERVIEW

THIS ENGAGING ACTIVITY IS DESIGNED FOR INDIVIDUALS AGED 17-26 TO DEEPEN THEIR UNDERSTANDING OF EMOTIONS BY RECONSTRUCTING PLUTCHIK'S WHEEL OF EMOTIONS AS A PUZZLE. THROUGH COLLABORATIVE PROBLEM-SOLVING AND DISCUSSION, PARTICIPANTS WILL EXPLORE THE RELATIONSHIPS BETWEEN PRIMARY, SECONDARY, AND TERTIARY EMOTIONS.

## OBJECTIVES:

ENHANCE EMOTIONAL LITERACY BY IDENTIFYING AND CATEGORIZING VARIOUS EMOTIONS.  
UNDERSTAND THE STRUCTURE AND INTERCONNECTIONS WITHIN PLUTCHIK'S WHEEL OF EMOTIONS.  
FOSTER TEAMWORK AND COMMUNICATION SKILLS THROUGH GROUP COLLABORATION.

## TARGET GROUP:

INDIVIDUALS AGED 17-26 INTERESTED IN ENHANCING THEIR UNDERSTANDING OF EMOTIONS.

## GROUP SIZE:

10-20 PARTICIPANTS, DIVIDED INTO SMALLER GROUPS OF 3-5 MEMBERS EACH.

## THEMES ADDRESSED:

EMOTIONAL LITERACY  
MENTAL HEALTH CENTER  
EMOTIONAL AND SELF-AWARENESS  
TEAMWORK AND COLLABORATION

## MATERIALS:

PRINTABLE TEMPLATE OF PLUTCHIK'S WHEEL OF EMOTIONS - [LINK](#)  
SCISSORS FOR CUTTING THE WHEEL INTO PUZZLE PIECES  
ENVELOPES OR BAGS TO HOLD PUZZLE PIECES FOR EACH GROUP  
WRITING MATERIALS FOR NOTE-TAKING DURING DISCUSSIONS - ONE PER EACH PARTICIPANT  
PENS OR MARKERS - ONE PER PARTICIPANT (OPTIONAL)

## COMPLEXITY AND TIME:

- EASY
- 60 MIN

## RESOURCES:

PRINTED HANDOUTS OR CARDS WITH DEPRESSION DEFINITIONS AND SYMPTOMS  
MAGAZINES, NEWSPAPERS, GLUE, SCISSORS, MARKERS, PAPER  
OPTIONAL: MUSIC, POETRY BOOKS, SYMBOLIC ITEMS, MULTIMEDIA TOOLS  
STICKY NOTES AND PENS FOR DEBRIEF  
A QUIET AND CREATIVE-FRIENDLY SPACE

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## INSTRUCTIONS

### 1. PREPARATION:

- OBTAIN A PRINTABLE TEMPLATE OF PLUTCHIK'S WHEEL OF EMOTIONS.
- ENLARGE AND PRINT THE WHEEL ON STURDY PAPER OR CARDSTOCK.
- CUT THE WHEEL INTO INDIVIDUAL SEGMENTS, ENSURING EACH PIECE REPRESENTS A DISTINCT EMOTION

### 2. INTRODUCTION (10 MINUTES):

- INTRODUCE THE CONCEPT OF PLUTCHIK'S WHEEL OF EMOTIONS, HIGHLIGHTING THE EIGHT PRIMARY EMOTIONS AND THEIR COMBINATIONS.
- "PLUTCHIK'S WHEEL OF EMOTIONS IS A PSYCHOLOGICAL MODEL THAT ILLUSTRATES THE RELATIONSHIPS AMONG EIGHT PRIMARY EMOTIONS: JOY, TRUST, FEAR, SURPRISE, SADNESS, DISGUST, ANGER, AND ANTICIPATION. THESE EMOTIONS ARE ORGANIZED ON THE WHEEL TO REFLECT THEIR OPPOSITES—JOY CONTRASTS WITH SADNESS, TRUST WITH DISGUST, FEAR WITH ANGER, AND SURPRISE WITH ANTICIPATION. THE WHEEL ALSO DEMONSTRATES HOW THESE PRIMARY EMOTIONS CAN BLEND TO FORM MORE COMPLEX FEELINGS. FOR EXAMPLE, COMBINING JOY AND TRUST RESULTS IN LOVE, WHILE ANTICIPATION AND JOY TOGETHER LEAD TO OPTIMISM. ADDITIONALLY, THE MODEL REPRESENTS THE VARYING INTENSITIES OF EMOTIONS. EACH PRIMARY EMOTION CAN RANGE FROM MILD TO INTENSE STATES; FOR INSTANCE, ANNOYANCE ESCALATES TO ANGER AND CAN PEAK AS RAGE."
- EXPLAIN THE OBJECTIVE OF THE ACTIVITY: TO COLLABORATIVELY RECONSTRUCT THE WHEEL AND DISCUSS THE PLACEMENT AND RELATIONSHIPS OF THE EMOTIONS.

### GROUP ACTIVITY (30 MINUTES):

- DIVIDE PARTICIPANTS INTO SMALL GROUPS AND PROVIDE EACH GROUP WITH A SET OF PUZZLE PIECES.
- INSTRUCT GROUPS TO ASSEMBLE THE WHEEL, ENCOURAGING DISCUSSION ABOUT WHERE EACH PIECE BELONGS AND WHY.
- ONCE ASSEMBLED, HAVE EACH GROUP PRESENT THEIR COMPLETED WHEEL AND EXPLAIN THEIR REASONING FOR THE PLACEMENT OF EMOTIONS.

### 3. DEBRIEFING AND EVALUATION (15 MINUTES):

- FACILITATE A DISCUSSION ON THE CHALLENGES FACED DURING THE ASSEMBLY AND HOW THE ACTIVITY INFLUENCED THEIR UNDERSTANDING OF EMOTIONAL RELATIONSHIPS.
- ENCOURAGE PARTICIPANTS TO SHARE INSIGHTS GAINED ABOUT SPECIFIC EMOTIONS AND THEIR INTERCONNECTIONS.

## DEBRIEFING AND EVALUATION:

WHAT EMOTIONS DID YOU EXPERIENCE DURING THE PUZZLE ASSEMBLY?  
HOW DID COLLABORATING WITH OTHERS INFLUENCE YOUR UNDERSTANDING OF THE EMOTION WHEEL?  
WERE THERE ANY EMOTIONS OR RELATIONSHIPS BETWEEN EMOTIONS THAT SURPRISED YOU?  
HOW CAN YOU APPLY THE INSIGHTS GAINED FROM THIS ACTIVITY TO YOUR DAILY LIFE OR INTERACTIONS?

## TIPS FOR FACILITATOR

- ENSURE THAT THE PUZZLE PIECES ARE CUT ACCURATELY TO AVOID CONFUSION DURING ASSEMBLY.
- BE PREPARED TO GUIDE DISCUSSIONS ON EMOTIONAL NUANCES AND PROVIDE CLARIFICATIONS AS NEEDED.
- ENCOURAGE ALL GROUP MEMBERS TO PARTICIPATE ACTIVELY AND SHARE THEIR PERSPECTIVES.

## FOLLOW-UP

- PROVIDE PARTICIPANTS WITH INDIVIDUAL COPIES OF PLUTCHIK'S WHEEL FOR PERSONAL REFLECTION AND APPLICATION.
- ORGANIZE WORKSHOPS ON EMOTIONAL INTELLIGENCE, FOCUSING ON STRATEGIES FOR EMOTION REGULATION AND EMPATHY DEVELOPMENT.
- RECOMMEND FURTHER READING MATERIALS ON EMOTIONS AND PSYCHOLOGICAL WELL-BEING.