



THE EMOTIONAL WHEEL

LAYER TYPE - INDIVIDUAL AND COMMUNITY

The Emotional Wheel is rooted in the culture of Native Americans and is a practical development of the talking stick (or pipe). It creates an intimate, special atmosphere for people to express their feelings, expectations, desires, and makes visible the magic energy of the group.



Aims and Objectives

- This method is useful to:
- open the space for personal sharing in group, helping individuals to express emotions
 - create a confidential moment to harvest useful information on chosen topics
 - visualize the “magic” energy of the group and the mutual support among members



Time

Depending on the number of participants, from a minimum of 30' to a maximum of 90'.



Materials Preparation

The Emotional Wheel is a practical tool that needs to be assembled beforehand. It is made with a hula-hoop, a mosquito-net holder or a similar circular tool, possibly in wood or natural material. Strings are attached according to the number of participants; each string should be about 4 meters long. The group sits on chairs placed in a circle with the Wheel on the floor in the centre. See pictures at the last page of this handout.



Target audience

The tool can be used in any group, with different aims in different ways:

- as an evaluation tool at the end of a training
- as a sharing tool in a time when communication is difficult
- as an information tool if a specific question is posed
- as an appreciation tool to celebrate a specific person or event.



Number of Participants

Minimum 5 – maximum 30.



Co-funded by the
Erasmus+ Programme
of the European Union

clips.gen-europe.org

We invite you to use our work and share it with others and credit us while doing so. You cannot change it in any way or use it commercially.

**CLIPS
METHODS**



Duration

Activity

5'

FRAMING - THE EMOTIONAL WHEEL AND CLIPS

5'

SETTING THE TOPIC

30'-90'

EMOTIONAL WHEEL SHARING

10'

DEBRIEFING

THE EMOTIONAL WHEEL

INTRODUCTION

FRAMING- 5 MINUTES

The Emotional Wheel is presented as a tool to give space and support to emotions, inner thoughts, ideas and feelings in the group.

At the beginning, the Wheel is sitting on the floor in the centre of the room, and all participants are sitting in chairs around it. Sitting in chairs is better than on the floor because the Wheel can be lifted more easily when the strings are pulled. Every person takes one string in her / his hands and waits for the facilitator's instructions.

A reference to CLIPS is also useful, in particular to the Individual and Community layers and how they are closely interrelated.

INSTRUCTION 1 - SETTING THE TOPIC 5 MINUTES

The facilitator of the Wheel open the space by **phrasing the topic or question** that will be addressed by the group.

She/he can give an indication of the time for each person (typically a couple minutes). Then invites the whole group to pull their strings, and the wheel will "magically" lift off the floor.

When a person wants to talk, she/he pulls the string and the Wheel moves in her/his direction.

All other participants are invited to be attuned and "feel" where the wheel wants to go, letting go their own string to allow it to move. All participants are invited to sit through the whole process, but no one is obliged to speak if they do not want to.

INSTRUCTION 3 - DEBRIEFING 10 MINUTES

Normally, this kind of exercise requires no debriefing other than a minute or two of silence.

The facilitator can invite individual reflection on the personal attitude when taking the space:

was pulling the string difficult?

Did you feel excited when you did it?

Did you feel the group support all through the exercise?

In the end, she/he will thank everyone for their participation, remind the group that all the information shared is confidential and will remain within the group.

INSTRUCTION 2- EMOTIONAL WHEEL SHARING 30 TO 90 MINUTES

Everyone who wants to talk will have the chance to pull the string and attract the wheel in her/his direction, as close as she/he feels.

The wheel will embody the group energy and focus. When a person talks, everyone listens in silence. Some groups like to say "Aho" or a similar respectful word at the end of each personal sharing.

Allow time for the Wheel to stop in the center and rest from time to time; it will move again as if animated by its own energy.

It is also interesting to notice that the Wheel keeps floating even if one or two people let go of their own string; this symbolizes the group energy that can support its members when they feel in some way weak or less active.



THE EMOTIONAL WHEEL

FACILITATION TIP: The Emotional Wheel is an excellent tool / method to bridge the gap between Individual and Community, and bring to the open hidden emotions and feelings that struggle to find a place to land.

It works on rank issues, as everyone is invited to contribute in the same way, and encourages personal empowerment.

Finding the confidence to pull the string can be challenging for some people, and can reveal how people feel in the group.

It builds the group trust through the simple and powerful practice of listening with respect and in silence.

It is a simple, powerful, easy to use too and method, highly recommended. Just a bit difficult to carry around, but can be produced fairly quickly if you have the right pieces at hand.

