



Recognising Emotions: Feelings Thermometer

Developing self-awareness of our emotions is key to being able to manage them appropriately. Without this, we can't take action to stop them from spiralling, and they often continue to escalate.


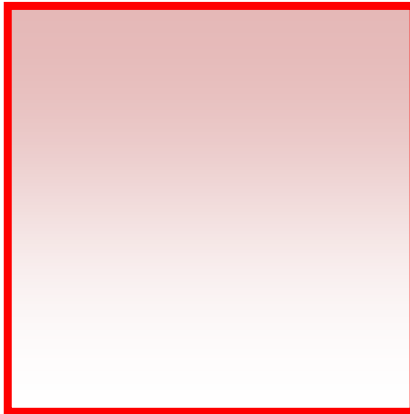
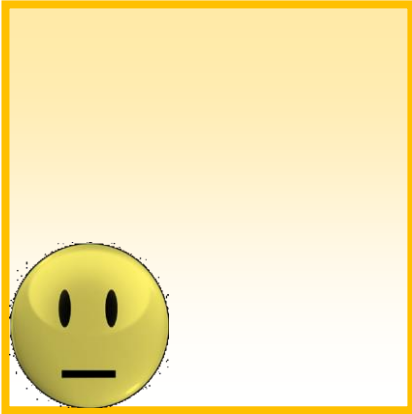

Using a 'feelings thermometer' which scales emotions from 1-5 (1 being calm, 5 being very anxious) can help children to recognise their emotions earlier. In turn, this can give them a chance to take appropriate action to manage these feelings appropriately

Using the thermometer below, the child can list out all the different behaviours and ways that show when these difficult feelings are increasing. To develop self-awareness of their emotions, it's important that we prompt them to scale their emotions throughout the day, when feeling calm (i.e. 1-2), feeling a little unsettled (3), and when feeling really upset (4-5). It is through this regular and repeated practice at noticing how he is feeling that the child can learn to better recognise their emotions. Accordingly, the more we prompt them to use the thermometer, and to scale their emotions from 1-5, the more self-aware they can become.

Alongside the scale, there is also the opportunity to add a range of strategies which the child can use at each stage to help bring their emotions down (e.g. use Relaxation strategies, move to a Calm Area for a short while, seek support from an adult).



How I Feel?

	Description of Behaviours	Strategies of What To Do
5 4		
3		
2 1	