

# The emotional barometer: instructions

Each child makes an emotional barometer from card, using the template on the next page (or another design if preferred).

The barometer indicates the level of intensity of the feeling(s) that children are experiencing. It is a visual cue that keeps children aware of their changing emotions and allows them to record the effect of events and interactions on their mood, helping them to become self-aware and to develop empathy with others.

Children can colour the different segments to indicate increasing levels of feeling (e.g. starting off pale blue and moving through to deep purple). There is a space for 'Not sure. I don't know' as it is important that children realise that they do not have to share their emotions if they do not wish to. Children may colour this segment a neutral shade.

If they are to be used often, teachers may like to consider laminating the barometers.

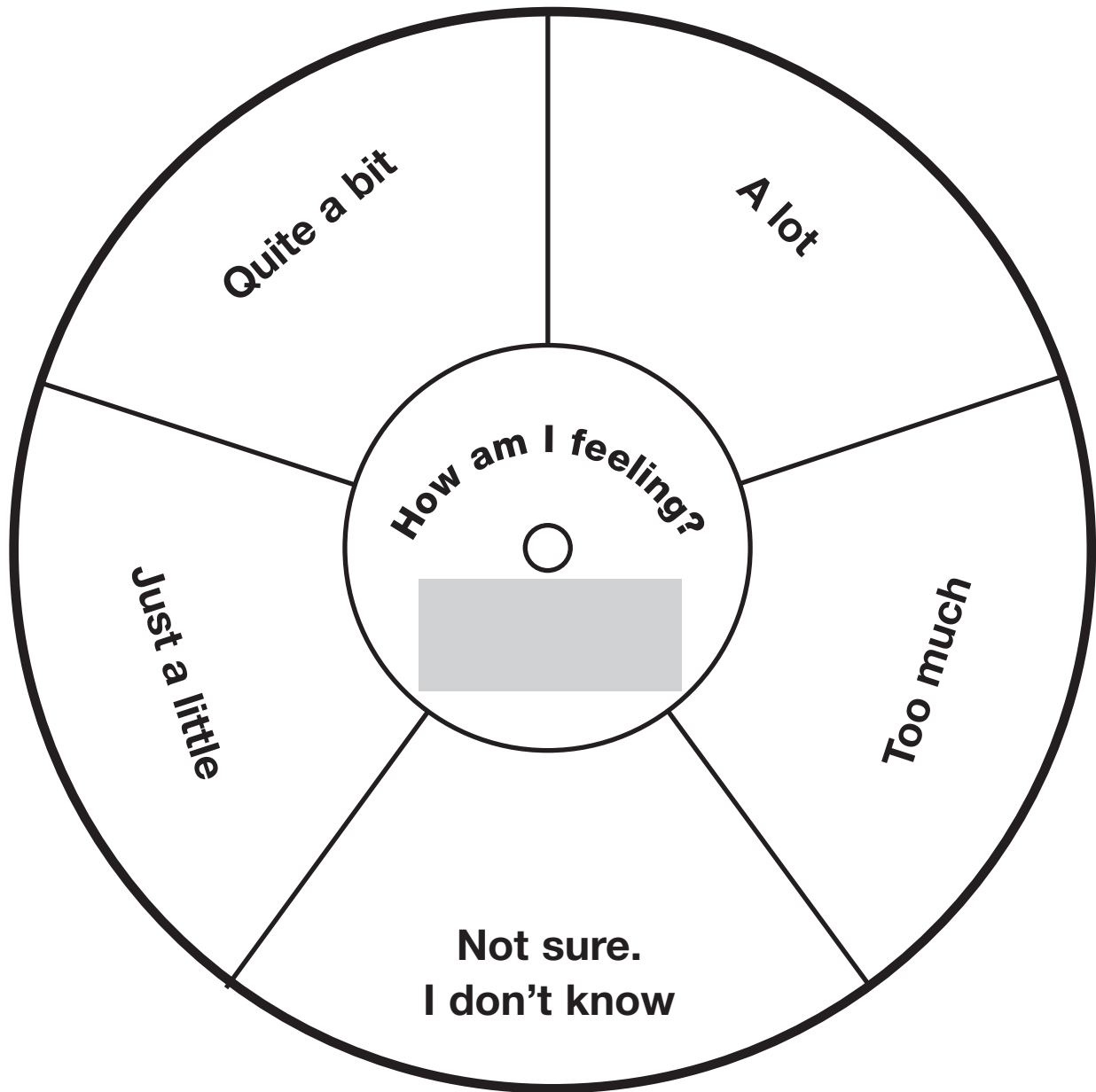
Feeling words can be written on pieces of card to fit the barometer (some are written on the accompanying photocopiable sheet) and given to children to keep or as a 'bank' kept by an adult from which children can take or request particular cards.

The barometers can be kept on the child's desk throughout the day, and the pointer and words changed according to the child's mood.

The template can be enlarged and used as a hanging class barometer to record the mood of the class (with different children being asked to set it at different times of the day).

It is helpful if the teacher also has his or her own barometer and regularly models its use.

# The emotional barometer: a template



# The emotional barometer: feeling words

Happy	Frustrated
Sad	Guilty
Unhappy	Jealous
Cross	Relaxed
Shy	Embarrassed
Scared	
Worried	
Cared for	
Excited	
Proud	
Relaxed	
Brave	
Hopeful	
Surprised	
Accepted	
Forgiving	
Bored	
Interested	