

My feelings scale

A printable companion to Emotion Thermometer

Use this scale only if it makes sense to the pupil. Agree their own words for each level. They can point, say, write or choose not to answer. Higher numbers describe intensity; they do not mean a feeling is bad.

5	My words / what I notice: _____
4	My words / what I notice: _____
3	My words / what I notice: _____
2	My words / what I notice: _____
1	My words / what I notice: _____
What helps / who can support me _____	

Adults: listen and offer support; do not require a rating before helping.

Example: my own feelings scale

COMPLETED EXAMPLE • illustrative only • adapt together for your pupil

5 / 4

5: overwhelmed; words are difficult. 4: very upset; I need space and a nearby adult.

3 / 2

3: unsettled; I want to check the plan. 2: a little tense; movement may help.

1

Comfortable enough to join in. This does not mean I must feel happy.

What helps

An adult listens, shows the plan and offers a quiet space or movement.

Why this works

Use the pupil's own language. Numbers describe intensity; the adult responds to needs and does not insist on a rating before supporting.