

How do I feel today?



Step one

- Checking in- 'emotional thermometer'. CD matches one of the emotive faces to the thermometer. This strategy was used after explicit teaching on identifying emotions was completed. Video footage and photographs of CD were used to help identify his emotions in reaction to different classroom activities, such as when he lost a game or when he was taking part in a group activity.

Step two

CD will move to one of the coloured zones and complete activities in each zone.

Green- Feeling happy, all is ok

Yellow- Starting to feel upset

Red- Starting to feel angry and annoyed

1. Play with the fire engine for 5 minutes

2. Choose one friend to play Snap with for 5 minutes

3. Play with animal robot

4. Ask classroom assistant to ask me ten mental maths questions from the green book

5. Choose something else from the green box



Step 3

CD now checks in with how he is feeling now using the emotional thermometer and uses one of the emotive faces below.

I feel ----- now

I need to go to the ----- zone

OR

Check with the teacher what's next

1 Build Lego for 5 minutes in the tent

2 Build a mini beast garden with toy insects

3 Stretch the red band 10 times

4 Play with the doctor who figure in the tent

5 Choose something else from the yellow box



I feel ----- now

I need to go to the ----- zone

OR

Check with the teacher what's next

1 Blow the recorder in the tent for 5 minutes

2 Tear some paper

3 Squeeze the white dough in the tent

4 Pop some bubble wrap

5 Choose something from the red box



I feel ----- now

I need to go to the ----- zone

OR

Check with the teacher what's next