

My five-point scale

The aim of this activity is to:

- To support young people to develop their own coping strategies to use in difficult situations
- To encourage young people to talk about and recognise their own emotions
- To support young people to identify when they may need to use the scale

Resources needed:

- Templates printed out on paper
- Colouring pens/pencils
- Materials to decorate (optional)
- Copies of photo examples for young people
- Laminator and laminator pouches

Method

See pictures for examples. Teacher to make own example before session to show young people. Begin session with a discussion around what makes us feel anxious, angry, sad etc. and what we do when we feel this way.

Teacher to talk to the class about when these scales should be used and, where appropriate, use questions to encourage the class to explore their emotions and coping strategies.

Young people should then take the lead on their own scale, choosing their own materials and how they'd like to display it. Once finished, the teacher should laminate these for the class to keep or take home.

Teachers should make parents/carers aware of what their child has made so they can also encourage and prompt them to refer to their scale when suitable.

5	Angry	
4	Upset	
3	Worried	
2	Calm	
1	Happy	