



Scale your emotions

Ask your children to colour in an arrow for how strong they feel their emotion

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Scale your emotions



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How angry do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How disgusted do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How happy do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How sad do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How scared do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

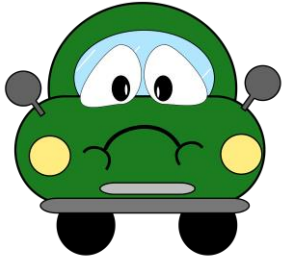
How surprised do I feel?

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How angry do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How disgusted do I feel?



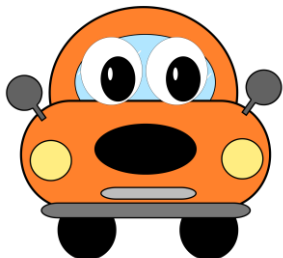
Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How happy do I feel?



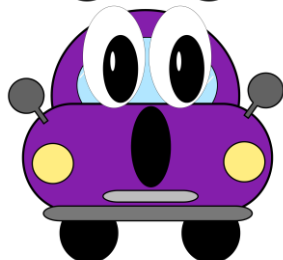
Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How sad do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How scared do I feel?



Five empty arrow-shaped boxes pointing to the right, connected in a horizontal line.

How surprised do I feel?