

Lesson 1:

Emotions thermometer: A good starter activity is to begin the session by asking each other how we are feeling today and also thinking back to something we have been feeling in the past week. The method is to write our names on two post it notes each – one with the heading now, and one with the heading this week. Firstly, we place the now post it on the emotions thermometer and have a discussion about why we feel that way today. Next, we think of a time in the past week we were feeling a different emotion and share when we were feeling that way and why we were feeling that way. It's important for this to be a shared activity where you both take turns so that we are sharing our feelings and examples together. This can be a great conversation starter that can help with getting to the bottom of our feelings and explore how we can help each other by talking through them, particularly during difficult times. By modelling and normalising talking about our feelings we can create a safe space where a person feels comfortable bringing up difficult conversations or situations as they arise, as well as celebrating happy emotions and situations.

Pictured is an example without names that you can see how the activity is set up. The accompanying PDF can be printed out and stuck on the wall or door in your learning space. (We have used coloured paper to make it bright and colourful but this is optional)

Emotions thermometer

