

EduTrend Contents

G4C · EMOTION RECOGNITION AND EXPRESSION GAMES · PRIMARY

Feelings Thermometer Stories

Place invented story moments on a 1 to 5 feelings thermometer and learn that the same event can feel different

Ages 6–10	Level: Developing	30 minutes	Groups of 3–5 · up to 30	Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Feelings Thermometer Stories

Each group has a paper thermometer from 1 (a little) to 5 (a lot) and a clothes peg. The adult reads a short invented scenario, such as “Sam’s tower falls down just before tidy-up time.” Groups agree a feeling word and clip the peg where the feeling sits, then compare and give one reason. There is no single right answer: the same event can feel different to different people.

Learning outcomes

By the end of the session pupils can:

- name feelings in stories;
- rate feeling intensity;
- explain reasons;
- accept different views.

KEY WORDS

thermometer · intensity · feeling · reason · different · story

CURRICULUM LINKS

PSHE: emotions and empathy. English: discussion. Maths: scales.

1	2	3	4	5	6
SETTLE	**EXPLAIN**	**PLAY**	**NOTICE**	**TALK**	**CLOSE**
Calm start	One game, clear rules	Invented characters	Clues and feelings	Different views are fine	Calm and positive

Materials (per group)

- Feelings thermometer strips (1–5)
- Clothes pegs
- Scenario cards (invented)
- Worksheets 1, 2 and 3

Before the session

- Draw thermometers.
- Write six invented scenarios.
- Plan groups.
- Prepare feeling word bank.

SAFETY

Scenarios are invented. Do not use real incidents from the class.

ACTIVITY 02 · SESSION PLAN

Step by step

Accept different answers; talk about clues and reasons rather than right or wrong.

Time	What happens	Say or ask
0–5 min **Settle**	Show the thermometer.	*"What does a 5 feel like?"*
5–8 min **Explain**	Model one scenario.	*"Why did I choose 3?"*
8–25 min **Play**	Six scenarios, compare groups.	*"Why did your group choose that?"*
25–30 min **Close**	Discuss different views.	*"Can two people feel differently?"*

CHALLENGE CARD (print or copy onto the board)

Place each story feeling on the thermometer and explain your choice, even when other groups disagree.

ACTIVITY 02 · FACILITATOR NOTES

The feelings game know-how in brief

Feelings come in different strengths; rating them on a scale helps children notice and describe how big a feeling is.

Hearing that others rate the same event differently builds understanding that people experience things in different ways.

Common ideas to listen for

- “Everyone should feel the same.” People differ.
- “A big feeling is bad.” All feelings are normal.
- “There is one right number.” Reasons matter more.

Adapting the activity

Support

The adult names the feeling; children choose the level only.

Stretch

Suggest one thing the character could do to move down the thermometer.

WORKSHEET 1

Thermometer record

Name: _____ Class: _____ Date: _____

For each story.

Thermometer record

Story	Feeling word	Level 1–5	Reason

WORKSHEET 2

Different views

Compare groups.

Different views

Story	Our level	Other level	Why different?

WORKSHEET 3

Moving down

Help a character.

To feel calmer, the character could...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Names feelings	Rates intensity	Explains reasons

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Feelings Thermometer Stories is a sample activity from the EduTrend Contents G4C Emotion Recognition and Expression Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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