

EduTrend Contents

G4C · EMOTION RECOGNITION AND EXPRESSION GAMES · MIDDLE SCHOOL

Feelings Word Ladders

Build ladders of feeling words from mild to intense and use them to write precise mini-scenes

Ages 12–14	Level: Intermediate	45 minutes	Pairs · up to 30	Activity 04

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

ACTIVITY 04 · AT A GLANCE

Feelings Word Ladders

Pairs receive word cards for five feeling families: anger, fear, sadness, happiness and surprise. They arrange each family into a ladder from mild to intense, for example annoyed, irritated, angry, furious, and compare with another pair. They then write three invented mini-scenes using precise words and swap them so partners can identify the intensity.

Learning outcomes

By the end of the session students can:

- expand feelings vocabulary;
- order words by intensity;
- use precise words in writing;
- discuss shades of meaning.

KEY WORDS

vocabulary · intensity · shade · precise · ladder · nuance

CURRICULUM LINKS

English: vocabulary and precise writing. PSHE: emotional literacy.

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 pair)

- Feeling word cards in five families
- Ladder templates
- Dictionaries or thesauruses
- Worksheets 1, 2 and 3

Before the session

- Print and cut word cards.
- Prepare templates.
- Model one ladder.
- Plan pairs.

SAFETY

Mini-scenes are invented. Keep content respectful and classroom-appropriate.

ACTIVITY 04 · SESSION PLAN

Step by step

Disagreements about order are useful; ask pairs to explain their reasoning.

Time	What happens	Say or ask
0–8 min Settle	Model the anger ladder.	*"Is irritated stronger than annoyed?"*
8–25 min Build	Pairs build five ladders.	*"Where does this word go?"*
25–38 min Write	Mini-scenes with precise words.	*"Which exact word fits?"*
38–45 min Close	Swap and identify intensity.	*"How strong is this feeling?"*

CHALLENGE CARD (print or copy onto the board)

Build five feeling ladders and write scenes so precise that your partner can place each feeling on the ladder.

ACTIVITY 04 · FACILITATOR NOTES

The feelings game know-how in brief

Precise emotion words help people understand and communicate feelings more clearly than broad words such as good or bad.

Arranging words by intensity shows that feelings vary in strength, which helps in choosing responses.

Common ideas to listen for

- "Synonyms mean exactly the same." They differ in strength.
- "Big words are better." Precise words are better.
- "There is one correct order." Discuss reasons.

Adapting the activity

Support

Use three families and fewer words.

Stretch

Add a sixth family, such as pride or embarrassment.

WORKSHEET 1

Feeling ladders

Name: _____ Class: _____ Date: _____

Mild to intense.

Feeling ladders

Family	Mild	Medium	Strong	Intense
Anger				
Fear				
Sadness				
Happiness				
Surprise				

WORKSHEET 2

Disagreements

Compare with another pair.

Disagreements

Word	Our place	Their place	Reason

WORKSHEET 3

Mini-scenes

Write three.

Scene 1... Scene 2... Scene 3...

FOR THE TEACHER

Assessment checklist

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

Student	Orders by intensity	Uses precise words	Explains reasoning

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

ABOUT THIS ACTIVITY

Feelings Word Ladders is a sample activity from the EduTrend Contents G4C Emotion Recognition and Expression Games programme (middle school, level: intermediate). 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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