

The Feelings Scale (Enhanced)

Feelings can vary in strength as well as intensity and helping children to recognise this helps them to understand their emotional experiences more clearly. The feelings and intensity scale resource supports children to notice not only what they are feeling, but also how strongly they are feeling it. This builds emotional awareness and supports a child's growing ability to regulate their feelings.

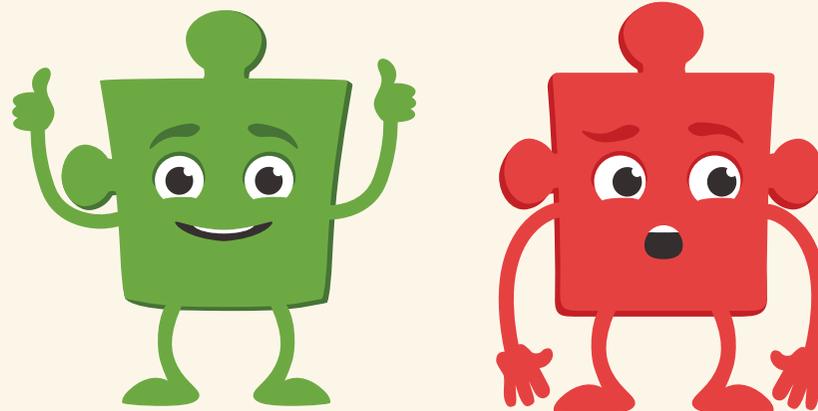
The Feelings Scale supports children with recognising, naming and talking about their emotions using a shared vocabulary.

For example, irritated → annoyed → angry → furious. This also helps children understand and discuss how emotions can grow and change both in the short-term and long-term.

Suggested ways to use the Feelings Scale:

- Whilst planning your Jigsaw lessons
- During your Jigsaw lessons to enrich discussions
- Throughout the day e.g. daily check-ins
- Reflection times across the day
- In response to 'Ask Me This' questions
- During behaviour or restorative conversations
- Displayed in classrooms or calm spaces to promote consistent language across the school

This Feelings Scale (Version 2) includes additional words which represent complex emotions (e.g. embarrassment and guilt). These can be introduced as children develop the language and self-awareness needed to understand them.



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	Core Feeling					
Intensity Scale	Angry	Sad	Happy	Worried/ nervous	Scared/Fear	Surprised
Intense	furious, raging, explosive	heartbroken, devastated, despair e.g. <i>ashamed</i>	joyful, thrilled, ecstatic	panicking, overwhelmed e.g. <i>remorseful</i>	terrified, petrified	astonished, stunned
Strong	angry, fuming, upset	sad, hurt, troubled e.g. <i>embarrassed</i>	happy, excited, delighted	anxious, stressed e.g. <i>guilty</i>	fearful, alarmed	amazed, shocked
Moderate	annoyed, frustrated, cross	upset, unhappy, tearful e.g. <i>awkward</i>	cheerful, pleased	worried, nervous e.g. <i>regretful</i>	scared, frightened	surprised, startled
Mild	irritated, bothered, tense	disappointed, low, flat e.g. <i>uneasy</i>	content, okay, fine	unsure, uneasy e.g. <i>sorry</i>	cautious, hesitant	curious, puzzled

