

Emotions Scales

Emotion scales are used to help a child recognise when they are moving out of a calm zone.

If you notice your child becoming easily annoyed or distracted it can be useful to point it out to them. You could use phrases like these;

'I notice you are breathing faster. I think you might be getting angry, time for a calm break'

'Your mouth is smiling, you look very happy. Do you really like this activity?'

'I notice you are very distracted, time for a movement break'

Using descriptive language may help your child understand their emotions and the link to using calming strategies to support their emotional regulation.

Regular 'check-ins' with your child, using an emotions scale and appropriate calming strategies may help maintain your child's emotional regulation. In turn this may reduce undesirable emotional experiences.

Top tips:

- Use a clothes peg and get your child to move it up and down at each check in.
- Write your child's personal strategies on the back so they can be references easily.
- Try letting you child draw their own scale, they could use their favourite characters to help explain the emotions.

