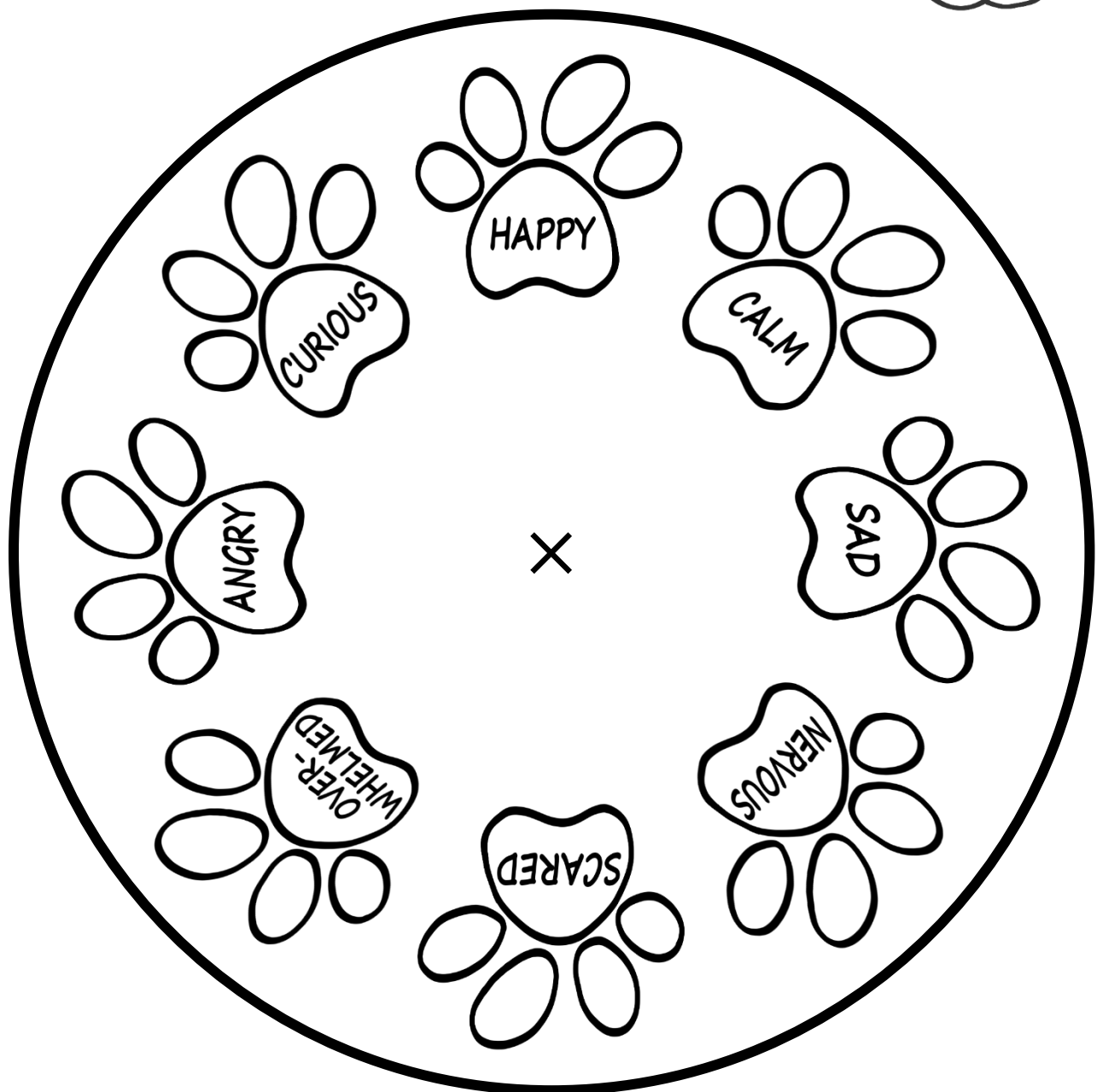
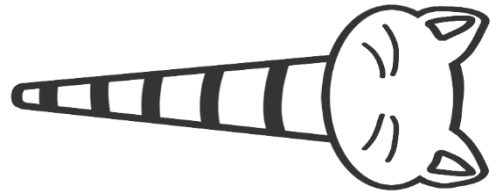


EMOTIONAL SCALE

It's game time! Let's make it easier to share how we feel, how many similarities we have, or how emotions can be the base for an interesting story.

Directions: Carefully cut out the circle and pointer. Use a push pin to attach the pointer in the middle of the circle. Give the pointer a flick to make sure it spins with ease.



Instructions: There are three ways to use the emotional scale.

Option 1: Solo Emotion Check-In

Keep the scale in an easy to reach place, either daily, or whenever you feel the need, move the scale to how you feel, and use it as a starting point for a conversation. Great tool for kids.

Purpose: Get families into the habit of checking in on one-another. It doesn't have to be a big deal, just leave it on the fridge door. It is about building comfort and practicing the ability to share emotions. Please remember, no judgements, just conversations.

Option 2: Multiplayer Emotional Check-In

Get into a group, what ever size you like. Take turns spinning the pointer. Which ever emotion the pointer lands on, you must describe an experience you've had. (Example: Is there a situation that has made you feel sad? Happy? Nervous? Describe it. Then move on to the next person).

Purpose: It's hard to talk about emotions, especially when you are feeling them. Use this exercise to practise. Share something small, or share something big. The more you do, the easier it gets. Listen to others share their experiences, see how it makes you feel. See if you can connect. It's okay if you veer off into a conversation, that's the point, emotions are great tools to connect and empathise with yourself and others. So, give it a try, and yeah, get ready to feel awkward. But hey, we are all in the same boat.

Option 3: Emotional Scale Story

If your group does not feel comfortable describing their own experiences, make up a story instead. Use the emotions as a guide for each player to dictate the direction of the story. They must include the emotion as part of their turn. (Example: The first play's pointer lands on "Angry." The character must in someway start the story as angry. Maybe they had a bad dream, got into trouble, you be the narrator. The second player spins the pointer and it lands on "Curious." How would you get the character to feel curious within this story. Maybe they find a mysterious envelope with the promise of an adventure). Build the story, make it your own, weave in the emotions to help direct the narrative.

Purpose: Understand how emotions play a key role in decision making and directions of a story. A happy character and a sad character react differently. It is important to understand how emotions play a role in storytelling and in our day-to-day lives, and get the chance to see how others use emotions as well.

