

Positive & Negative Emotions Scales

Discussion: Understanding the range of emotions we and others feel, can be very challenging for some children. Labeling and discussing this range of emotions and what might make you feel them, can be very helpful for children who tend to be “black and white” thinkers. Labeling and understanding one’s emotions is the first step toward matching an appropriate reaction, to the emotion.

Directions: Print on card stock quality paper and laminate for repeated use. Use with a dry erase marker. Alternatively you can write directly on the pages if you do not laminate them.

Scale 1: Review this scale with your student(s). Discuss situations when they felt these feelings. Can they think of any other emotions words or scenarios to fit?

Scale 2: Have student(s) fill in the blank spaces and discuss.

Positive Emotions Scale

Winning Big
Going On Vacation
Getting A Great Gift



Ecstatic

Field Trip
Snow Day
Birthday Party



Excited

Having A Play date
No Homework
Favorite Meal



Happy

Nice Weather
Favorite T.V Show
Talk To A Friend



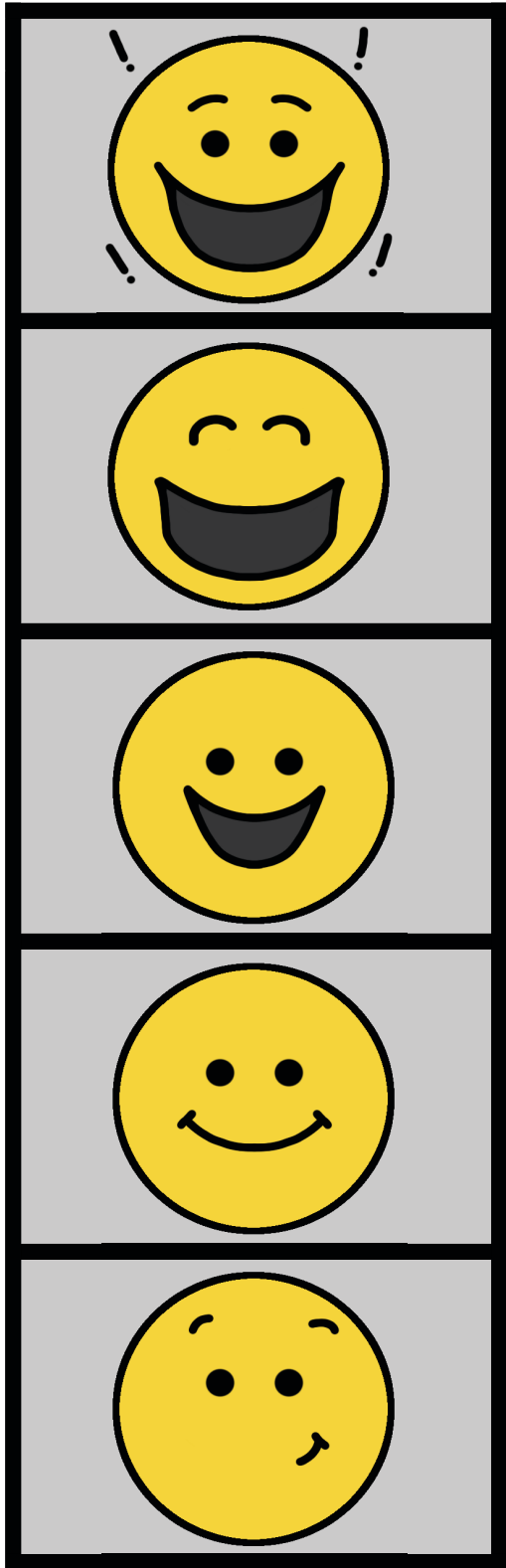
Pleased

Relaxing At Home
Reading A Book
Having A Snack



Content

Positive Emotions Scale



Ecstatic

Excited

Happy

Pleased

Content

Negative Emotions Scale

Someone's Mean
Someone Hurts You



Furious

Someone's Unfair
Someone's Unkind



Angry

Can't Do Something
You Lose Something



Upset

It's Unexpected
It's Not Fun
Something Is Hard








Annoyed

Not Your Choice
Not Your Favorite
Something's New



Disappointed

Negative Emotions Scale



Thank You!

Thank you so much for your purchase! I am so thrilled to be able to share my work with you. I hope that you find this item useful and fun and have it for years to come.

Please get in touch with me in the comments section of my website if you would like any adaptations made to this product. I am happy to individualize for you and your students, just let me know what you would like!

My hope is that you will LOVE this product and your student(s) will too.

Need something that you didn't see in my store? Let me know! I love making products to meet your needs.

I am so happy to be sharing in this journey with you and I appreciate all that you do to help our special children succeed!

All my best,

Socially Skilled Kids
www.sociallyskilledkids.com

Clip Art by:



Cindy

Terms of Use: This work is copyright protected. Each purchase is for one user. Thank you!