



Feelings Thermometer

Helping children and teachers to express
and share emotions – as a community



How are we all today?

The **Feelings Thermometer** invites teachers and children to develop a greater understanding of their own and each other's feelings in a safe and shared way. The **Feelings Thermometer** encourages the class to explore emotions and develop a common language, which can grow in sophistication with use. Importantly, together and continuously using the **Feelings Thermometer**, class members are able to create a snapshot of how they are that everyone can share. The Thermometer creates a visual representation of the emotional and motivational mood of the class as a whole, allowing the whole system to celebrate together, to honour and accept difficult emotions, and to support those under stress.



Chapmanslade Church of England
Primary School, Wiltshire, UK



Ralph Allen Secondary School, Bath, UK



A black and white photograph of a wooden chair. The chair is made of light-colored wood with a visible grain. A thick, braided rope knot is tied around one of the horizontal slats. A wooden peg, which appears to be a cross-section of a log, is wedged between two slats. The background is a plain, light color.

'I noticed that one boy had put his marker on the "I'm not OK" section. Hardly surprising given what I know about how he spent his weekend. He's chatting happily to his friend, but his marker is a signal. He knows I know, and I'll find a moment to talk to him before the morning is out.'

Year 7 Class Tutor in a Brighton School, UK

A Testing Time

At one primary school, the **Feelings Thermometer** was particularly useful during assessment weeks. Staff and children adapted the class thermometers especially for this time, assuring that the appropriate feelings words were affixed to them for the test period: nervous, anxious, confident, panicky, relaxed or tense.

As a result, teachers and teaching assistants learned from the children's responses that it was not always easy to predict who might be feeling what! Those who they might have thought to be very anxious were sometimes calmer than expected. The opposite was also true. Staff were able to pay special attention to calming and reassuring those children experiencing pre-test nerves, and to monitor changes and swings of mood throughout the day. Pupils were allowed to register feelings after a test as well as before and were encouraged to notice each other's markers and discuss how they could support each other.

Learning Tools – Feelings Thermometer

The **Feelings Thermometer** is a learning tool co-designed by **ecl** practitioners, teachers and parents, to help children learn about their own and others' feelings. Used every day, the thermometer helps increase children's sensitivity to the needs of others and their sense of 'belonging' in the class group. It encourages children to express their feelings and discover what both supports and disturbs the wellbeing of others – collectively.

The **Feelings Thermometer** hangs in the classroom, giving members of a class or group the opportunity to explore and register the emotions, or perhaps levels of motivation, they are experiencing at any one time. Children place their own personal peg on a coloured 'feelings scale' that they have designed and constructed. The teacher is able to take simple 'readings' of the class during the day and to notice the needs of particular individuals.

Especially designed for use in schools, the **Feelings Thermometer** is large-scale and made from smooth beech wood and natural sisal rope and arrives in a heavy canvas storage bag.

Included in the pack is a detailed 28-page book full of ideas, real-life examples and ways to work, guiding the teacher or learning support assistant through construction and use of the **Feelings Thermometer**.

The set contains 40 standard wooden clothes pegs and 40 wooden name discs (each 3cm dia.), and rope (approximate. length 2.45m). Simply thread the parts together and it is ready to hang.

Made up size H1.44m x W27cm.

Suitable for up to 40 school age children, from four years old onwards with adult assistance. Wood glue and coloured card not included.

Price £35 (ex VAT and p&p).

To learn more about **Fellings Thermometer**
email us at chris.charles@eclfoundation.org

To learn more about **ecl**'s work and other learning tools
visit www.eclfoundation.org

