

Restorative Practice

How are you feeling?

Using an emotion's scale can support children to catch a feeling and match it to the colour.

Using the scale will begin conversations around feelings and emotions. For children who find it difficult to catch their feelings. When a child is in a heightened state, they can pick a colour to communicate their needs.

ACTIVITY IDEA: Set up a circle where questions such as: How many different feelings do we have? What are our feelings when we're tired? What are our feelings when we are bored? Etc

Creating a whole class emotion's scale where the children take or choose their own photos is a good way to introduce this concept to a class and begin conversations about feelings.



Red



We believe **relationships matter**
restorative practice





Orange





Yellow



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Green





Blue

