

TASK: FEELINGS THERMOMETER

WHEN YOU FEEL ILL DO YOU GET A FEELING THAT NOBODY BELIEVES YOU? WELL TRYSTAN FELT THE SAME WAY IN THE PROGRAMME. HE DIDN'T WANT TO GO AND SEE THE DOCTOR BECAUSE HE DIDN'T THINK HE'D BELIEVE HIM EITHER! IT'S HARD SOMETIMES TO SHOW ON THE OUTSIDE HOW YOU'RE FEELING ON THE INSIDE ISN'T IT? HOW ABOUT WE TRY AND DISCOVER WHAT MAKES YOU FEEL CONTENT OR ANXIOUS.

TAKE A FEELINGS THERMOMETER EACH. YOU'LL SEE THAT THE SCALE IS:

1. CONTENT, HAPPY AND MEASURED
2. WELL
3. A LITTLE UNEASY
4. FEELING CONFUSED
5. STRUGGLING TO THINK STRAIGHT
6. THINKING AND RETHINKING THINGS
7. FEELING OVERWHELMED
8. OVERWHELMED AND NO DESIRE TO DO ANYTHING
9. VERY ANXIOUS

WITH A PARTNER, PLACE SITUATIONS THAT ARE FAMILIAR TO YOU ON YOUR FEELINGS THERMOMETER. HERE ARE SOME EXAMPLES OF SITUATIONS YOU MIGHT THINK OF:

- GOING TO PROM AT THE END OF YEAR 6
- READING IN A SCHOOL ASSEMBLY
- MISSING A GOAL IN A FOOTBALL GAME
- QUEUING FOR LUNCH IN THE CANTEEN
- STAYING OVERNIGHT AT A FRIEND'S HOUSE
- ANSWERING A QUESTION IN CLASS
- GETTING LOST IN THE PARK
- LOSING MY PHONE
- PREPARING FOR A SPELLING TEST
- ARGUING WITH MY BEST FRIEND



ARE YOUR ANXIETIES SIMILAR TO YOUR PARTNER'S? DISCUSS THE DIFFERENCE BETWEEN THE THERMOMETERS AND EXPLAIN TO EACH OTHER WHY YOU'VE PLACED THESE SITUATIONS ON THAT SCALE.