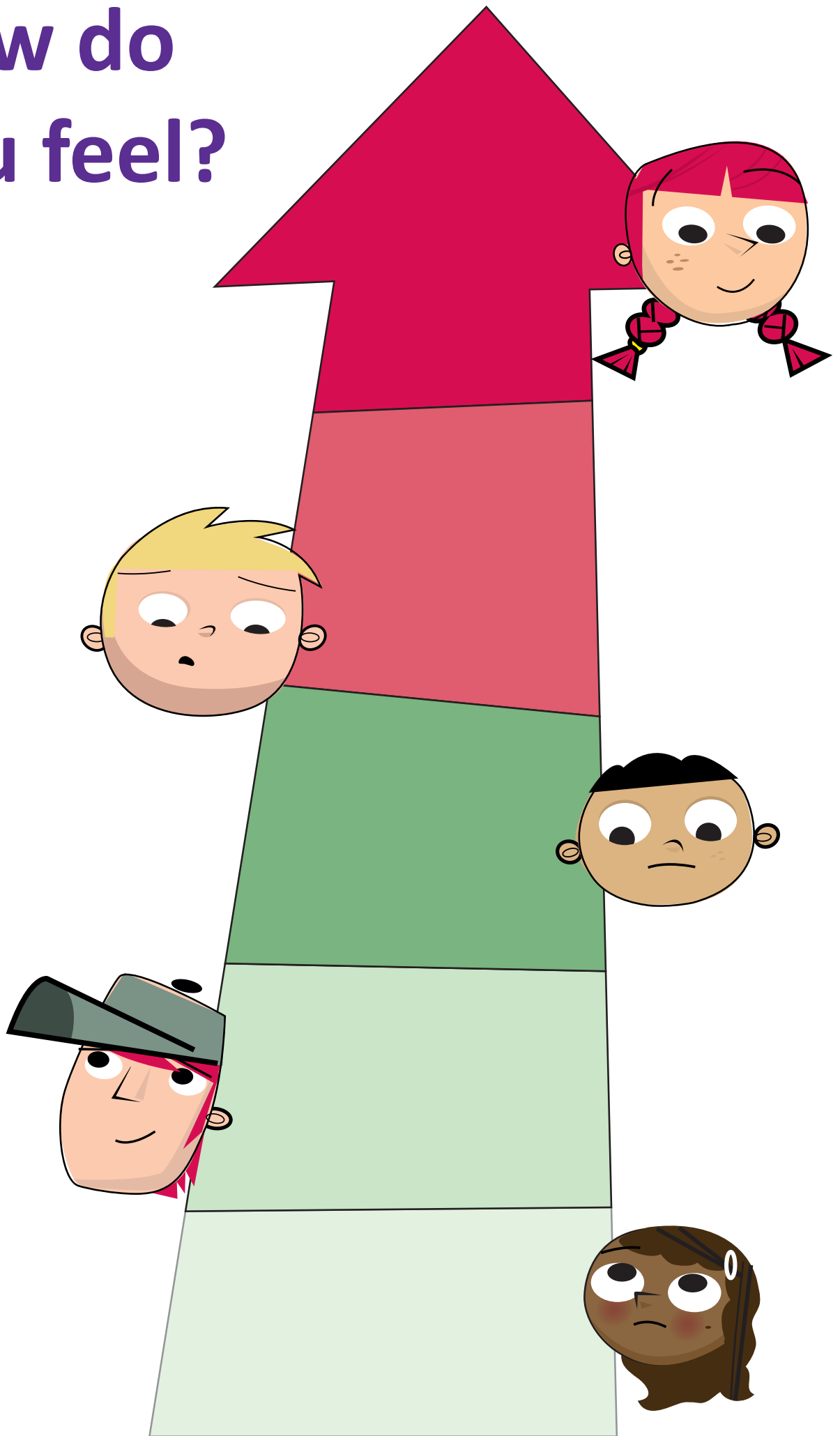


How do
you feel?

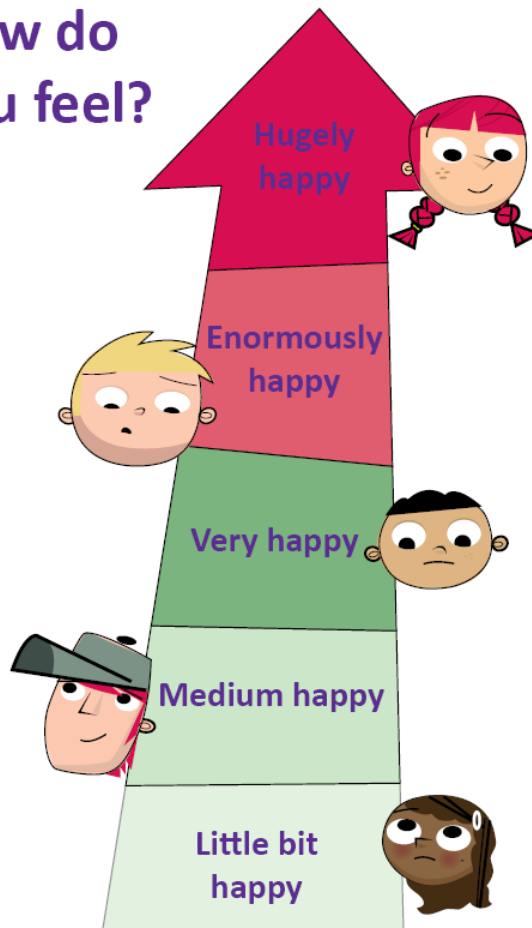


Notes for practitioners:

This meter is to be used with the Cafcass emotion stickers, to add depth to the feeling the child or young person has picked. For example, if a child or young person picks the 'happy' emotion sticker - write a different scale of the emotion in each coloured box on the meter; example below.

The meter could be laminated for reuse with dry wipe pens.

How do you feel?



Below are some questions that might help you understand the child or young persons feelings better, in general. These questions can be asked with or without the meter:

“How would mum know when you are happy?” “What do you do when you are happy?”
“What makes dad happy?”

For example in practice:

Child A gave dad a happy face sticker. I asked him what makes dad happy. He said, “When we go to bed’. He then said, “He hates us, when we annoy him he hates us so much”.

This activity could be done with the parents/carers also. You could ask them:

- to guess what stickers the child or young person might have chosen
- why they think the child or young person might have chosen that sticker
- what they think the child said about them or anyone else?