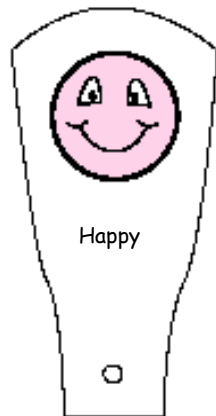
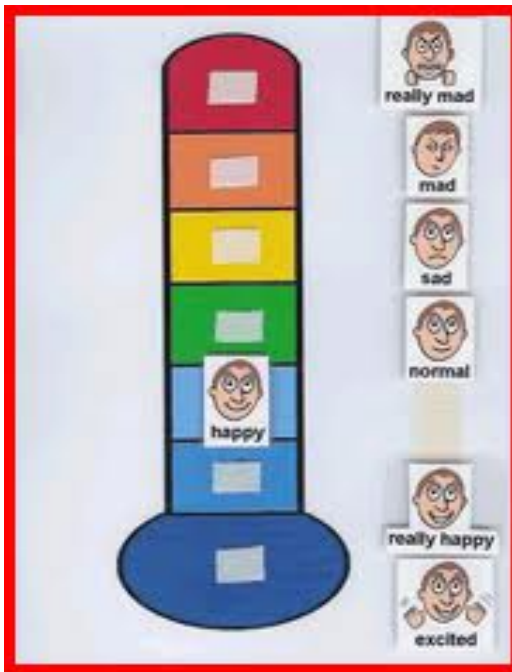
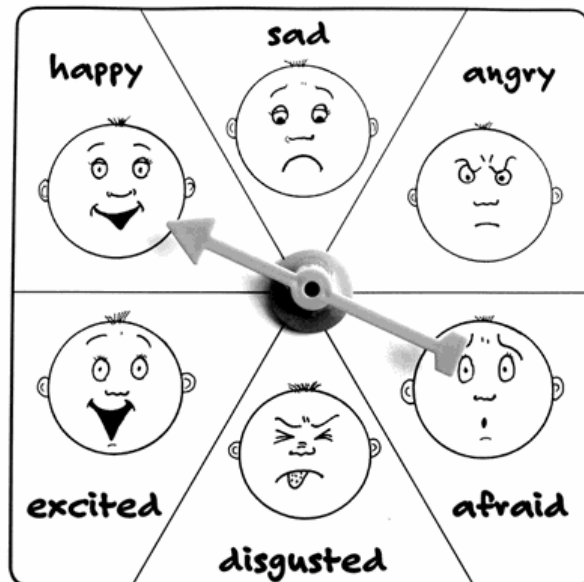


Expressing Emotion



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Why use scaling and emotion fans?

- For children with an ASC explaining how they feel may be difficult if not impossible. Using a visual format reduces the need for emotional language and eases communication especially in highly charged situations.
- Be aware, however, that many AS children do not how to recognise basic emotions or respond so work needs to be done to help them have an understanding of what emotions are, what they look like (facial expression and gesture) situations that cause different emotions etc linked in with any charts, fans etc. This will apply to older children as well as younger ones.

How to use

- *Charts to help scale feelings.* These will need to be discussed, understood and any actions relating to them agreed by the child and key adults before they can be used. In the chart (left) colours have been used but other children may respond to a number scale or any other appropriate indicator.
- *Emotion Fans:* These are useful for young children as they can start with just two basic emotions e.g. happy and sad and then be built upon as the child acquires more emotional understanding. Giving a limited choice of fans helps as it gives a restricted choice and makes a decision easier.

Where next?

- Alternative systems might include a feelings wheel. As before ensure the child is really secure in their understanding of all the emotions/feelings on the wheel before it is used.