

CheckInSchools

Emotional Word Levels

CheckInSchool enables schools to categorise feelings and to drill down to the core emotion that may be causing concern. It also develops the pupil's ability to name emotions and help them to become more emotionally literate. In order to do this, CheckInSchools provides several levels of emotional adjectives to cater for all ages and abilities. The emotional adjectives are organised and categorised into 6 emotional core groups i.e. **Sad, Mad, Scared, Peaceful, Powerful and Joyful**.

When you create a class you will need to choose an emotional level dependant on the age, ability and expressive/responsive language level of the pupils. The emotional levels and the core emotion that they relate to are captured in the table below.

Emotional Level	Sad	Mad	Scared	Peaceful	Powerful	Joyful
Level 1	Sad	Angry	Scared	Content	Important	Happy
Level 2	Sad Depressed	Angry Hurt	Scared Confused	Content Relaxed	Important Proud	Happy Joyful
Level 3	Sad Depressed Lonely	Angry Hurt Mad	Scared Confused Concerned	Content Relaxed Thankful	Important Proud Respected	Happy Joyful Excited
Level 4	Sad Depressed Bored Lonely	Mad Angry Hurt Furious	Scared Confused Concerned Anxious	Content Relaxed Thankful Thoughtful	Important Proud Respected Hopeful	Happy Joyful Excited Enthusiastic
Level 5	Sad Depressed Bored Lonely Tired	Mad Angry Hurt Furious irritated	Scared Confused Concerned Anxious Embarrassed	Content Relaxed Thankful Thoughtful Trusting	Important Proud Respected Hopeful Appreciated	Happy Joyful Excited Enthusiastic Thrilled
Level 6	Sad Depressed Bored Lonely Tired Ashamed	Mad Angry Hurt Furious Irritated Critical	Scared Confused Concerned Anxious Embarrassed Rejected	Content Relaxed Thankful Thoughtful Trusting Secure	Important Proud Respected Hopeful Appreciated Satisfied	Happy Joyful Excited Enthusiastic Thrilled Energetic
Level 7	Sad Depressed Bored Lonely Tired Ashamed Inferior	Mad Angry Hurt Furious Irritated Critical Jealous	Scared Confused Concerned Anxious Embarrassed Rejected Insecure	Content Relaxed Thankful Thoughtful Trusting Secure Serene	Important Proud Respected Hopeful Appreciated Satisfied Valuable	Happy Joyful Excited Enthusiastic Thrilled Energetic Amused

