

Emotional profile

Group activity worksheet



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Developing an emotionally intelligent school involves commitment, time, and planning. VisionWorks teaching programmes systematically build emotional intelligence and profoundly improve the climate for learning.

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Written by teachers for teachers

Emotional Profile

Name

How well do you know yourself? Here's an opportunity to find out, by creating your own 'Emotional Profile'. When you have finished, keep your profile in a safe place so you can revisit it in the future and see what has changed for you. Be as honest as you can with your answers.

You will need:

Something to write with

A paper copy of this quiz

Circle the answer that is closest to how you feel.

- 1 'I am good at making decisions for myself'
 true probably true probably not true not true
- 2 'It is easy for me to identify and describe my feelings'
 true probably true probably not true not true
- 3 'I often feel included in friendship groups'
 true probably true probably not true not true
- 5 'I enjoy my schoolwork and when I do it well I feel good'
 true probably true probably not true not true
- 6 'I communicate easily with people and they understand me'
 true probably true probably not true not true
- 7 '*I want to help others most of the time*'
 true probably true probably not true not true
- 8 '*I am easily influenced by the people around me*'
 true probably true probably not true not true
- 9 '*I am happy to be a member of my tutor group*'
 true probably true probably not true not true
- 10 '*Generally I have good attitudes which help me*'
 true probably true probably not true not true

continued

Emotional Profile continued

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|----|---|------|---------------|-------------------|----------|
| 11 | ‘I know how to identify my bad attitudes and choose to change them’ | true | probably true | probably not true | not true |
| 12 | ‘It is easy for me to approve of myself’ | true | probably true | probably not true | not true |
| 13 | ‘I learn from my mistakes instead of feeling guilty about them’ | true | probably true | probably not true | not true |
| 14 | ‘I know when I interrupt someone I am making my feelings more important than the communication’ | true | probably true | probably not true | not true |
| 15 | ‘I find it easy to understand that if I’m angry then I’m covering up another emotion’ | true | probably true | probably not true | not true |
| 16 | ‘I like it when other people appreciate me’ | true | probably true | probably not true | not true |
| 17 | ‘I often forget to appreciate other people’ | true | probably true | probably not true | not true |
| 18 | ‘I know I can choose my own attitude and my direction in life’ | true | probably true | probably not true | not true |
| 19 | ‘I realise that underneath everything we all want the same thing’ | true | probably true | probably not true | not true |
| 20 | ‘If I choose to be open to suggestion, I can learn’ | true | probably true | probably not true | not true |
| 21 | ‘I understand that there are no bad guys; we can all win.’ | true | probably true | probably not true | not true |

Which of statements 1-21 is the most interesting to you? Why?

Which is the most important to you? Why?