**Activity: Plutchik’s emotion wheel (Adapted from Castle and Buckler, 2018: 150-151)**



* Convert Plutchik’s emotional wheel into a record sheet so that you can record instances where you observe a particular emotion.
* As the opportunity arises during a normal school day or lesson if you prefer, record any examples of emotions that appear on your record sheet.
* If you feel that you are able to do the same for emotional blends then do the same as above.
* *A word of warning*: you may need to establish what each emotion looks like before you start, in terms of the observable characteristics. If you cannot ‘see’ it you cannot record it.

An example:

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| **Emotion or emotional blend** | **Defining characteristics** | **Learner/ Student** | **Observation notes** |
| Example: joy | Example: smiling, enthused, and so on. | Example: Learner A | Example: what were the antecedents, behaviour, consequence?  (Skill/challenge balance was appropriate, learner engaged well with success, learner was enthused, learner took pride in their work. |
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