

Reflecting on the Intensity of Emotion: “Fist to Five” Method

You will use the “fist to five” method to share how you are feeling with me and how intense the emotion is. I will say each emotion (happiness, sadness, anger, hurt, fear and love) one at a time. If you are feeling that emotion, show me the intensity of that emotion by putting the number of fingers over your heart.

5 = very intense

4

3 = kind of intense

2

1 = not very intense

fist = not intense at all