

LEVELS OF EMOTIONAL AWARENESS SCALE FOR CHILDREN (LEAS-C)

Name _____

Male Female

Age _____

Grade _____ School _____

Today's date/...../.....

Day Month Year

Directions

Over the page different situations are described. Each situation involves two people – yourself and another person. Please describe how you would feel in these situations. Please describe how you think the other person would feel. You must use the word "feel" in your answers. It doesn't matter if your answer is short or long. It doesn't matter if the words are spelt incorrectly. There is no right or wrong answer. Just remember to write about how you and the other person would feel.

1. You are running in an important race with a friend you have trained with for some time. As you get close to the finish line you twist your ankle, fall to the ground and can't continue. Your friend goes on to win the race. How would you feel? How would your friend feel?
2. You and your mom are coming home at night. As you turn onto your block you see fire trucks parked near your home. How would you feel? How would your mom feel?

3. You and your friend decide to save your pocket money and buy something special together. A few days later your friend tells you that he has changed his mind and has spent his money. How would you feel? How would your friend feel?
4. Someone who has said nasty things about you in the past comes up to you and says something really nice. How would you feel? How would the other person feel?

