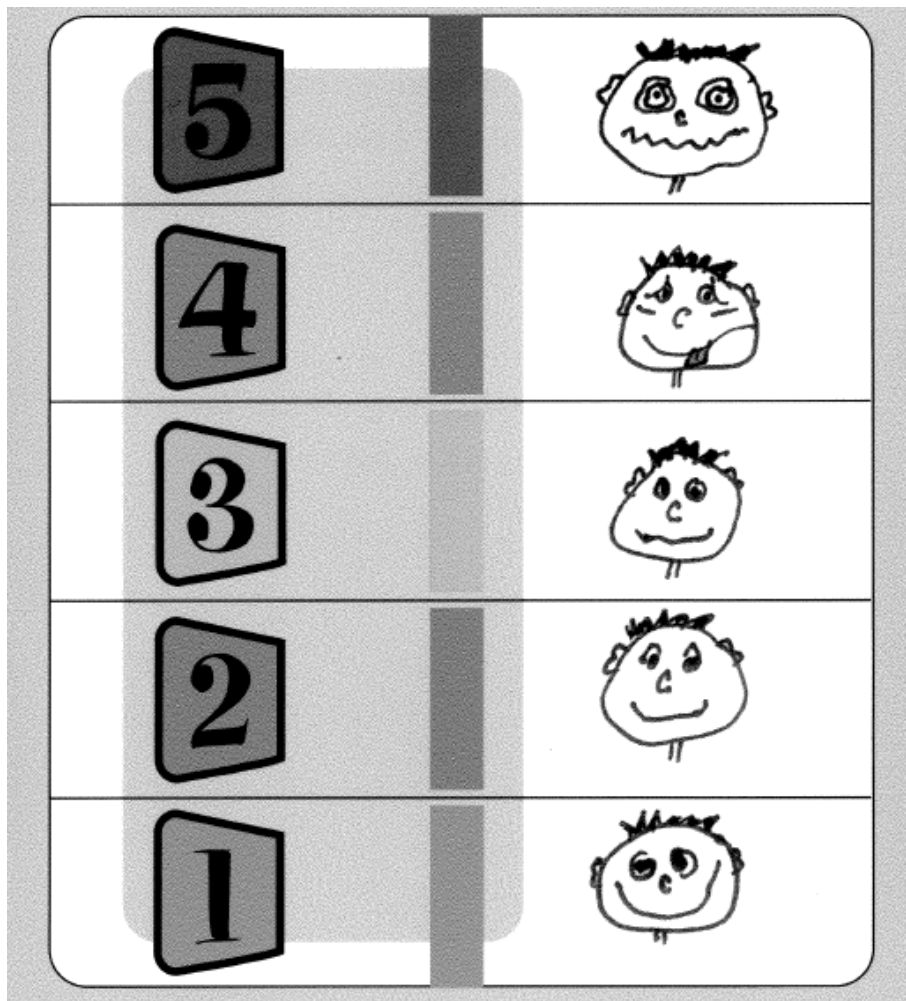


The Incredible 5-Point Scale



Kari Dunn Buron and Mitzi Curtis

2003, Autism Asperger Publishing Company.

Available from Winslow Press: ISBN 1-931282-52-8

5 Point Scale

Rating	Looks/ Sounds like	Feels like	I can try to/ Safe people can help by
5			
4			
3			
2			
1			

Helps students identify how they are feeling and gives them strategies to try to use before their arousal levels escalate.

Also helps others recognise warning signs and be consistent in implementing strategies.

Rating	Looks/ Sounds like	Feels like	I can try to/ Safe people can help by
5			
4			
3			
2			
1			

Understanding My Feelings by David

Scared/Afraid

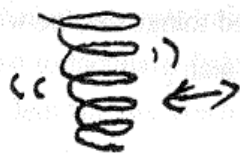
My word for this is:

trembling



This is how I look:

This is how my body feels:



This is what I do:

Hide.



This is what I say:

"I've got to get out of here!"

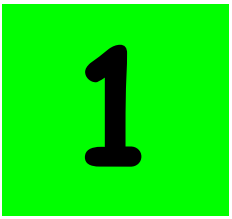
Things that David says make him "tremble":

"When I get confused."

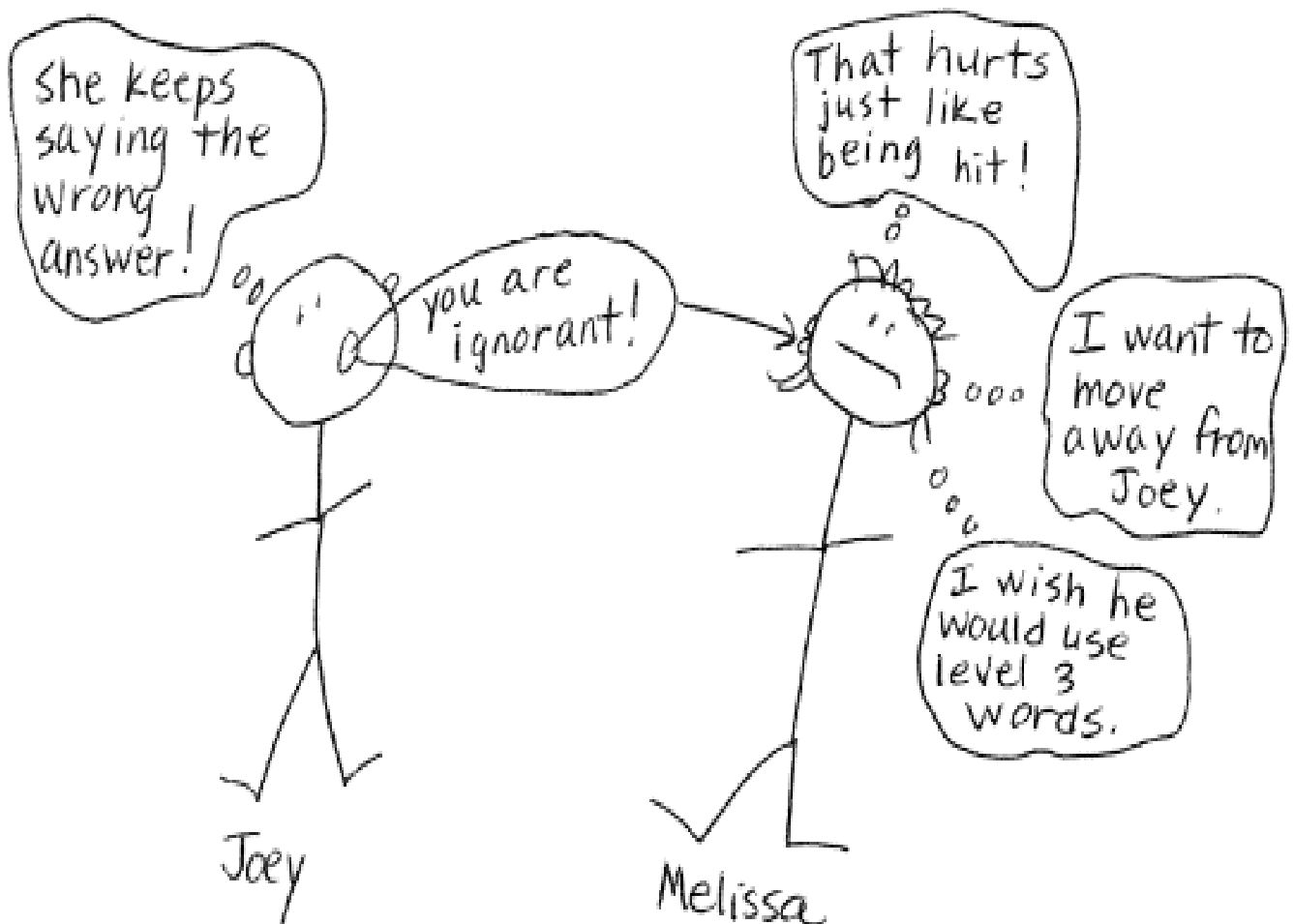
"When it is loud and crowded."

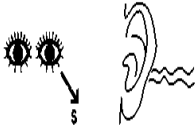

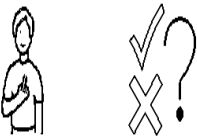
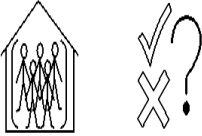












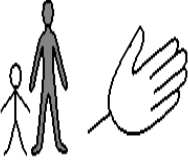

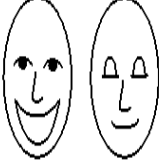

"Catastrophes like tornadoes and earthquakes and war."

Understanding scared/afraid feelings

Rating	Looks/ sounds like	Feels like	Safe people can help/ can try to
 5	Wide-eyed, maybe screaming and running, hitting	I am going to explode if I don't do something	I will need an adult to help me leave. Help!
 4	Threaten others or bump them.	People are talking about me. I feel irritated, mad.	Close my mouth and hum. Squeeze my hands. Have a walk.
 3	You can't tell I'm scared. Jaw clenched.	I shiver inside.	Write or draw about it. Close my eyes.
 2	I still look normal.	My stomach gets a little queasy.	Slow my breathing. Tell somebody safe how I feel.
 1	Normal - you can't tell by looking at me.	I don't know, really.	Enjoy it!

Using a cartoon to help understanding



<p>Rating</p>	 looks sounds	 feels	  I can try people can try	
<p>5</p>	 sick dizzy	 adult hold		
<p>4</p>	 hot angry	 adult give	<p>Break</p>  adult help	
<p>3</p>	 worried	 worried	<p>Break</p>  adult help	
<p>2</p>	 shake	 shake	 relaxation	 <p>Help</p>  adult help
<p>1</p>	 happy calm	 happy calm	 enjoy	

- Remember the descent may take longer than the ascent
- WAIT for the child/young person to return to level 1 before follow-up work
- Check where you are on the scale - and take appropriate action!

