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# The Incredible 5-Point Scale to Teach Emotional Regulation



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SEND Supported

<https://www.5pointscale.com/>

# Aims of the session

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- To increase awareness of the autism spectrum and emotional regulation.
- To be aware of The Incredible 5-Point Scale and its benefits for children with social-emotional difficulties.
- To understand and gain confidence in using The Incredible 5-Point Scale with identified children in school.



# What is Autism?

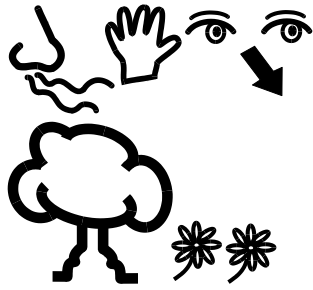
Autism is a lifelong, neurological developmental disability.

Autism affects how a person communicates with and relates to other people, and how they experience the world around them.

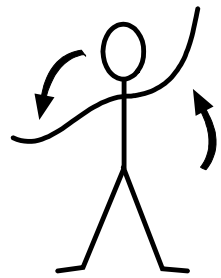
We now know that there is not one autism but many types, caused by different combinations of genetic and environmental influences.

Unique to each person and changes with age / stage.

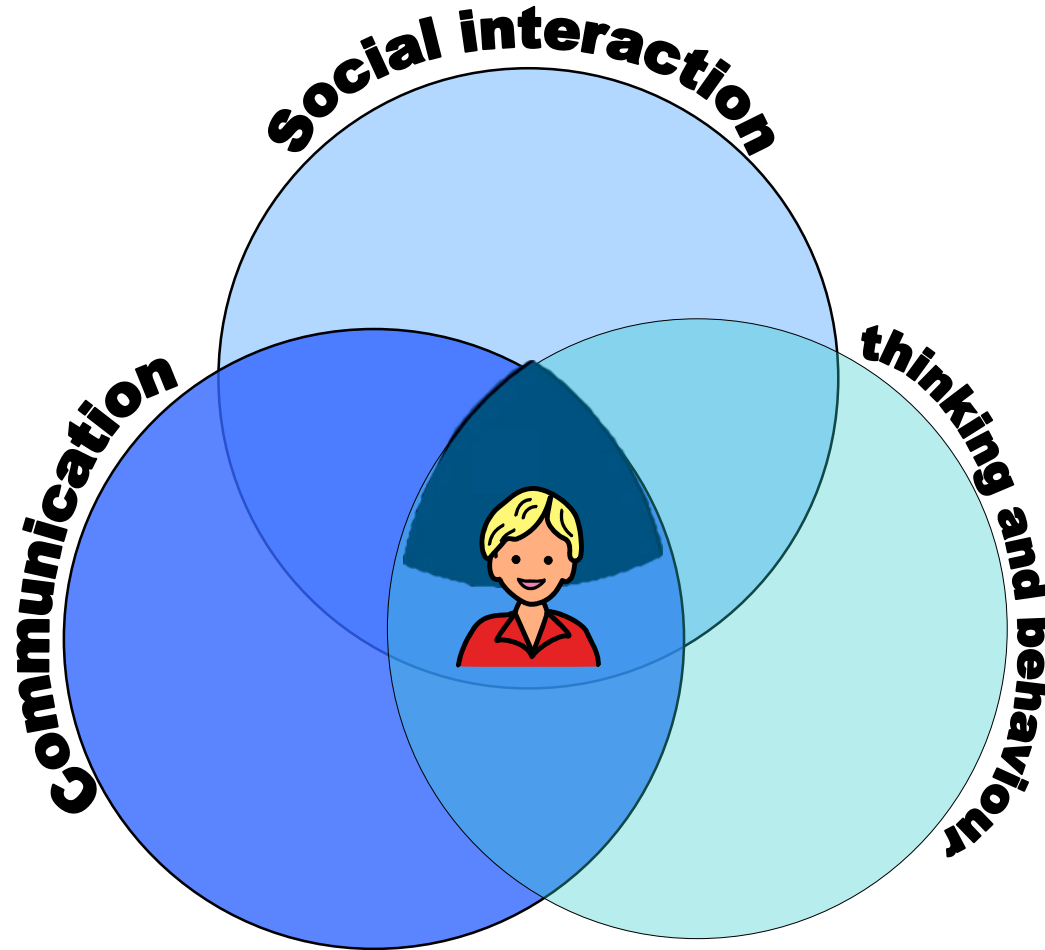




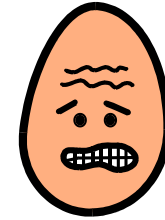
Sensory



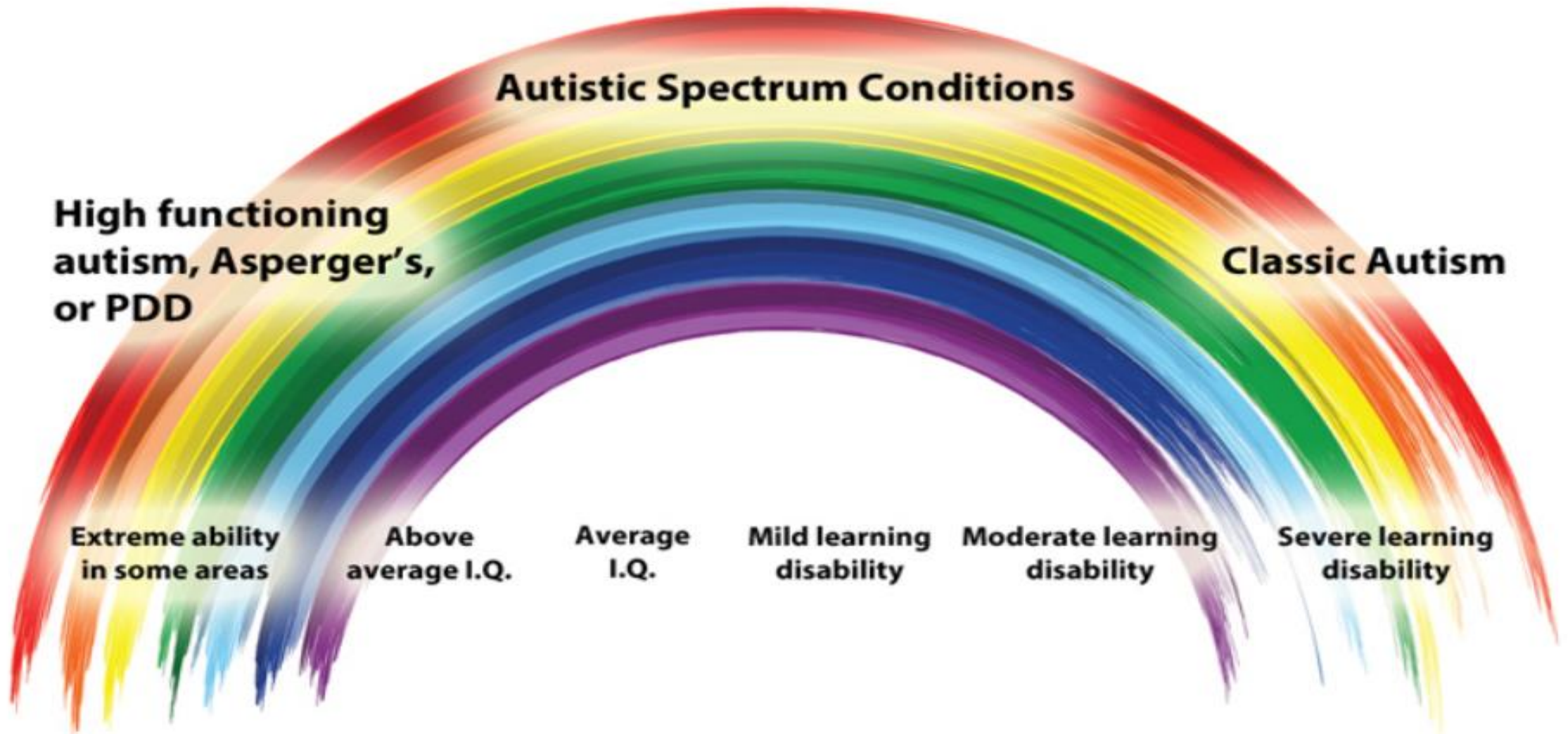
Poor motor  
co-ordination.



Triad of Impairments  
(The Defining Characteristics of ASCs)



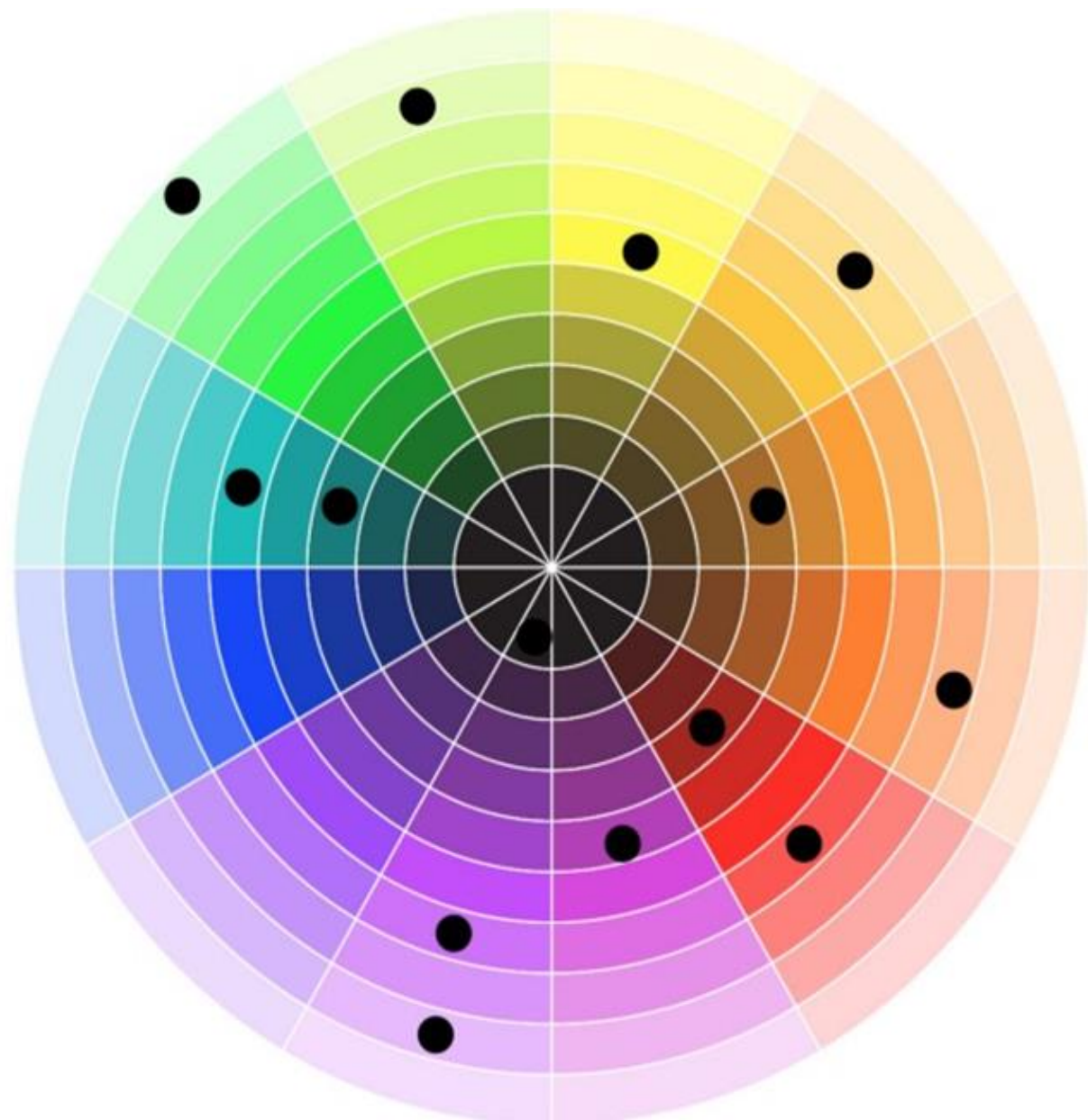
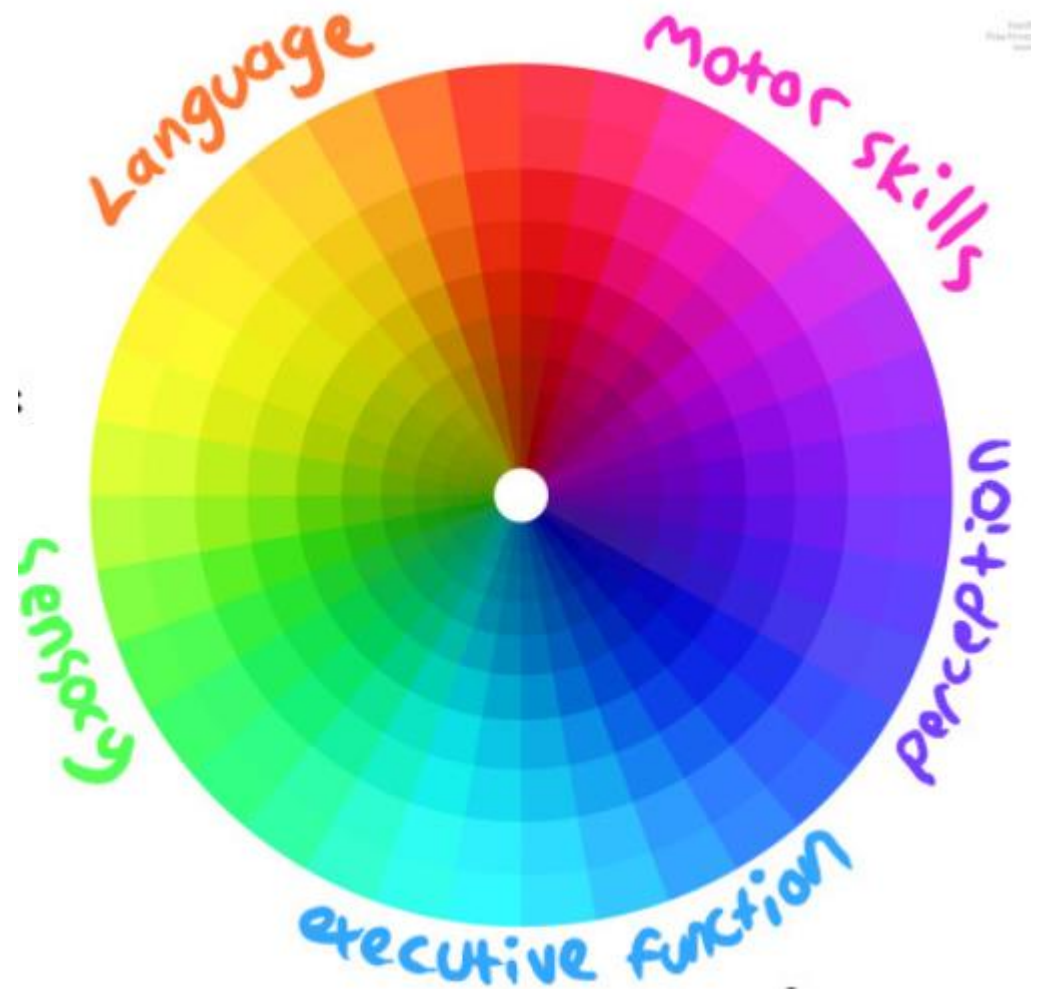
Anxiety



<http://mentaldisordersofhumans.blogspot.co.uk/2015/09/autism-spectrum-disoder.html>

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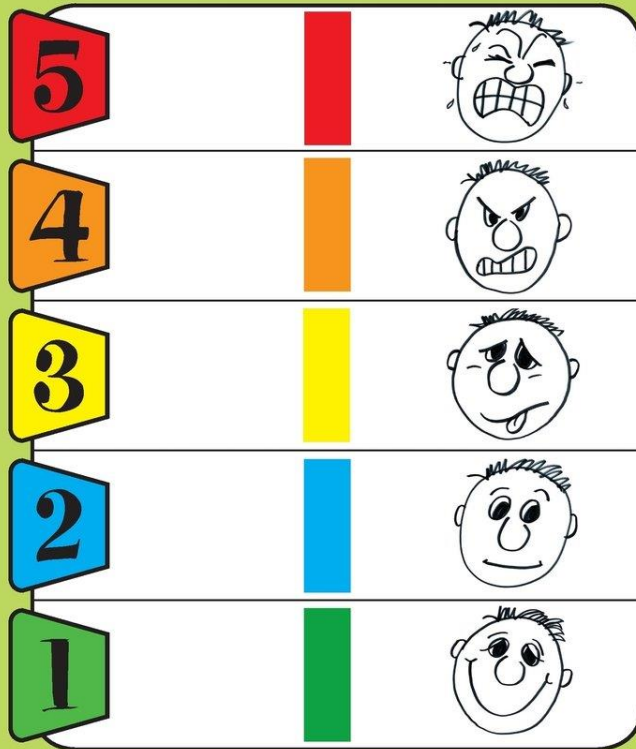
FREE DOWNLOADABLE BLANK SCALES

# The Incredible 5-Point Scale:

The Significantly Improved and Expanded Second Edition

*Assisting students in understanding social interactions  
and controlling their emotional responses*

Kari Dunn Buron and Mitzi Curtis

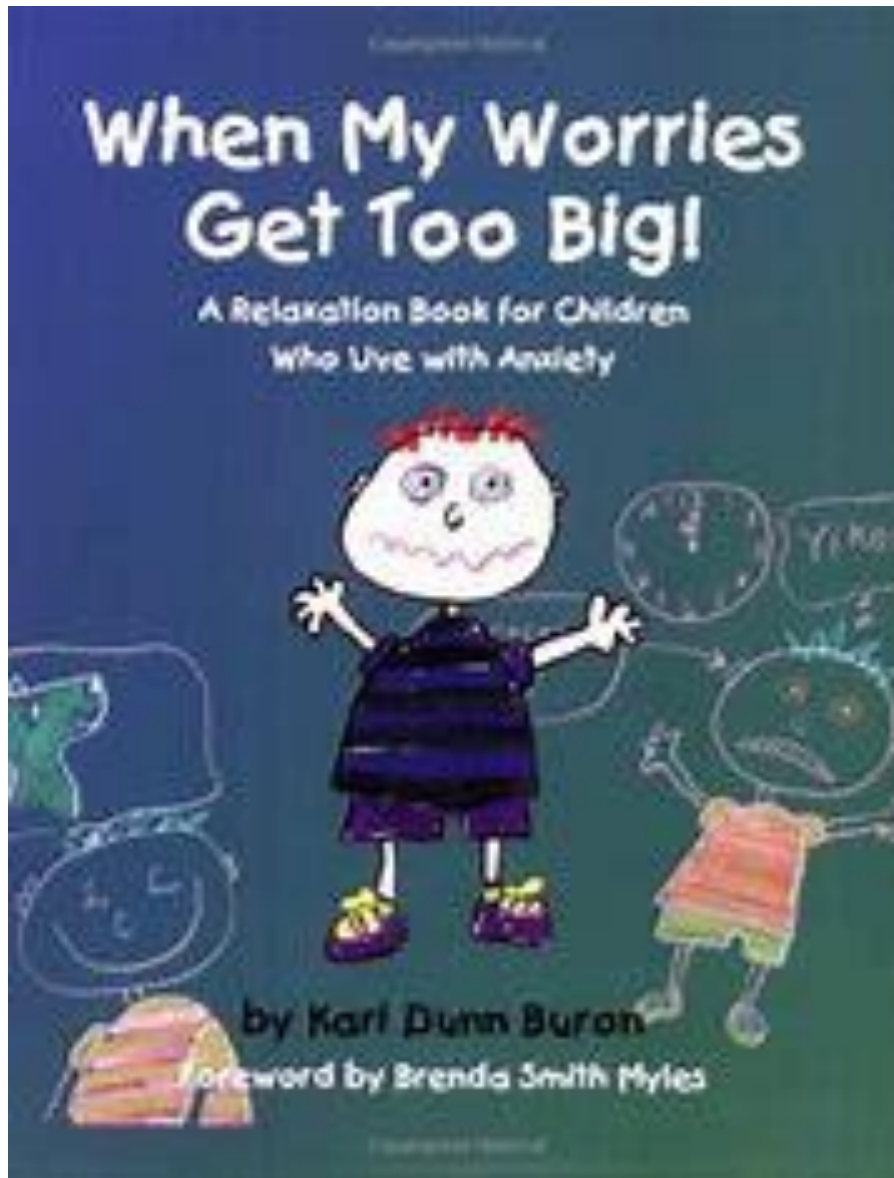


The Incredible 5-Point Scale: The Improved and Expanded Second Edition; Assisting students in understanding social interactions and controlling their emotional responses. *Kari Dunn Buron*



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An illustrated children's book with tips on how to recognise and cope with anxiety. Expanded 2nd ed. includes teaching ideas for parents and educators and other professionals.

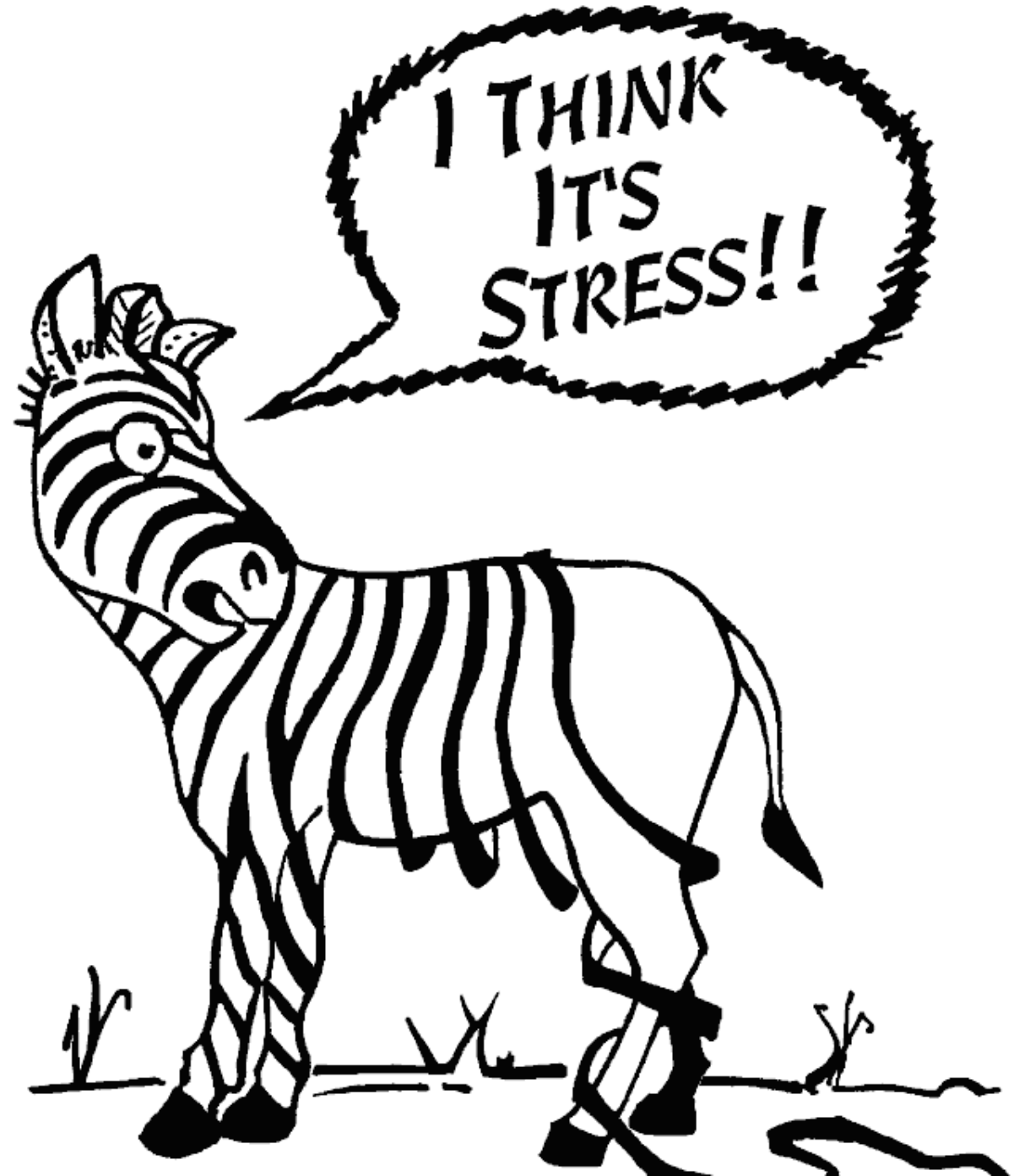


# What is The Incredible 5-Point Scale?

- The Incredible 5-Point Scale is a teaching tool.
- Teaches social and emotional information in a concrete and systematic way.
- Support that breaks down behaviours and social interactions into clear, visual and tangible parts so that a young person can learn the appropriate ways to respond and interact in different social situations.
- The young person rates their stress on a 1 to 5 scale using pictures and / or words to help them better understand and communicate their emotions and reactions.
- The young person can also learn self-calming methods for each level.

# What can The Incredible 5-Point Scale address at home and school?

- Feeling Recognition
- Perspective Taking
- Anger Management
- Stress Management
- Voice Volume Regulation
- Social Anxiety



# Using The Incredible 5-Point Scale

1. Determine the problem – what is the social situation the child seems to be confused by? *Use Comic Strip / drawing & talking / STAR.*
2. Identify the skills the child needs to be taught.
3. Break down the concept into five parts.
4. Use a story / role play / photos / video to help the child understand what the scale is all about and how to use it.
5. Frequently reference the scale prior to the time the difficulty arises.
6. Use the scale *in situ* by creating a small portable scale which you can encourage the child to carry as a reminder.

<b>Pupil:</b>			
<b>Behaviour:</b>			
<b>Setting</b>	<b>Trigger</b>	<b>Action</b>	<b>Result</b>
20 mins into Science moving to front bench for a sound experiment	High pitched sound (not loud) couldn't predict how loud it would become or for how long	Shouted out" I need to get out of here, it hurts my ears" tried to push past and run out of class	Stayed in class told to sit towards the back with hands over ears
Same lesson 5 mins later	Sensory- due to previous anxiety heightened awareness of ammonia smell	Shouted out " it stinks in here"	Read social story re shouting out Told how long was left in the lesson and broke down what needed to be done

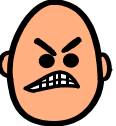

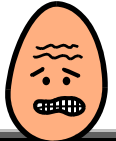

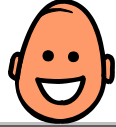
Signed \_\_\_\_\_

Date \_\_\_\_\_

# How to use the 5-Point Scale

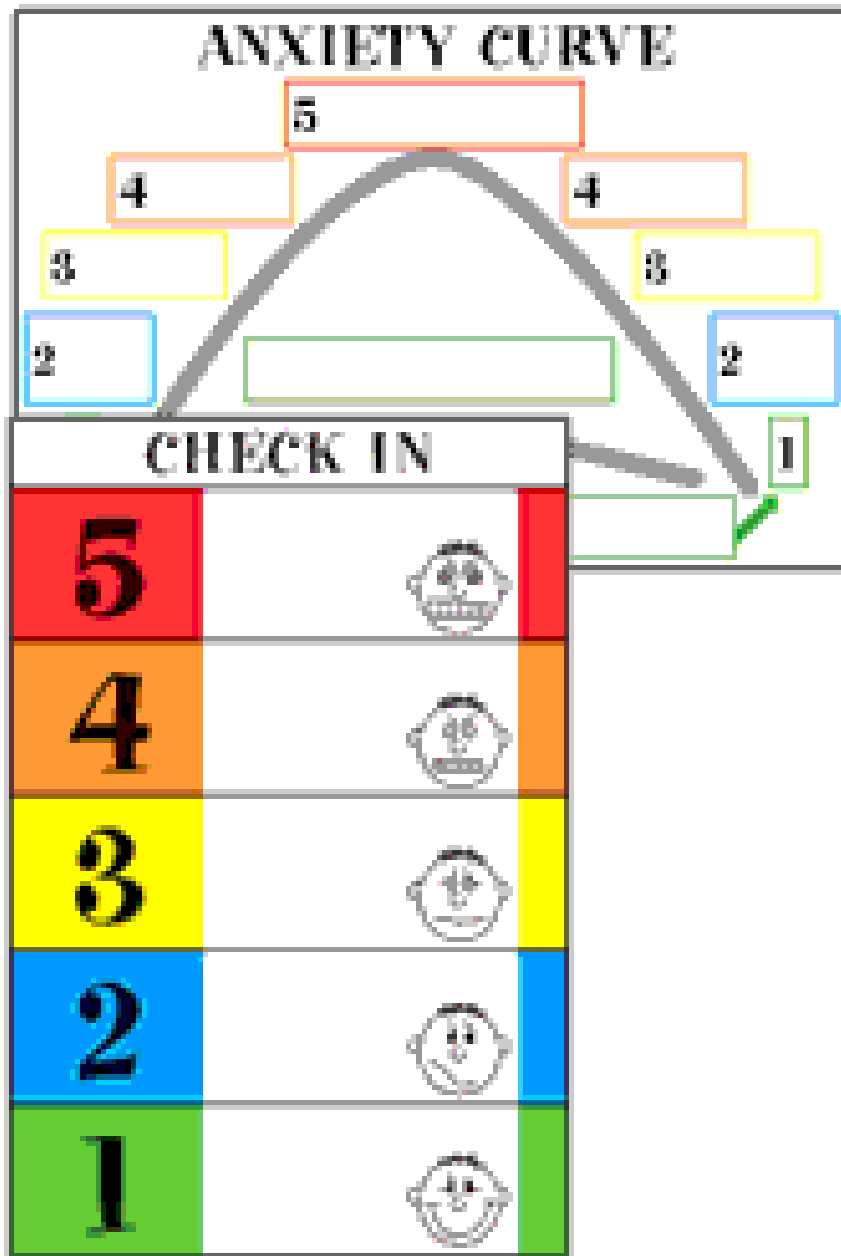
- 5 = This could make me lose control.
- 4 = This can really upset me.
- 3 = This can make me nervous.
- 2 = This sometimes bothers me.
- 1 = This never bothers me.

It is important to get as much input from the child as possible.

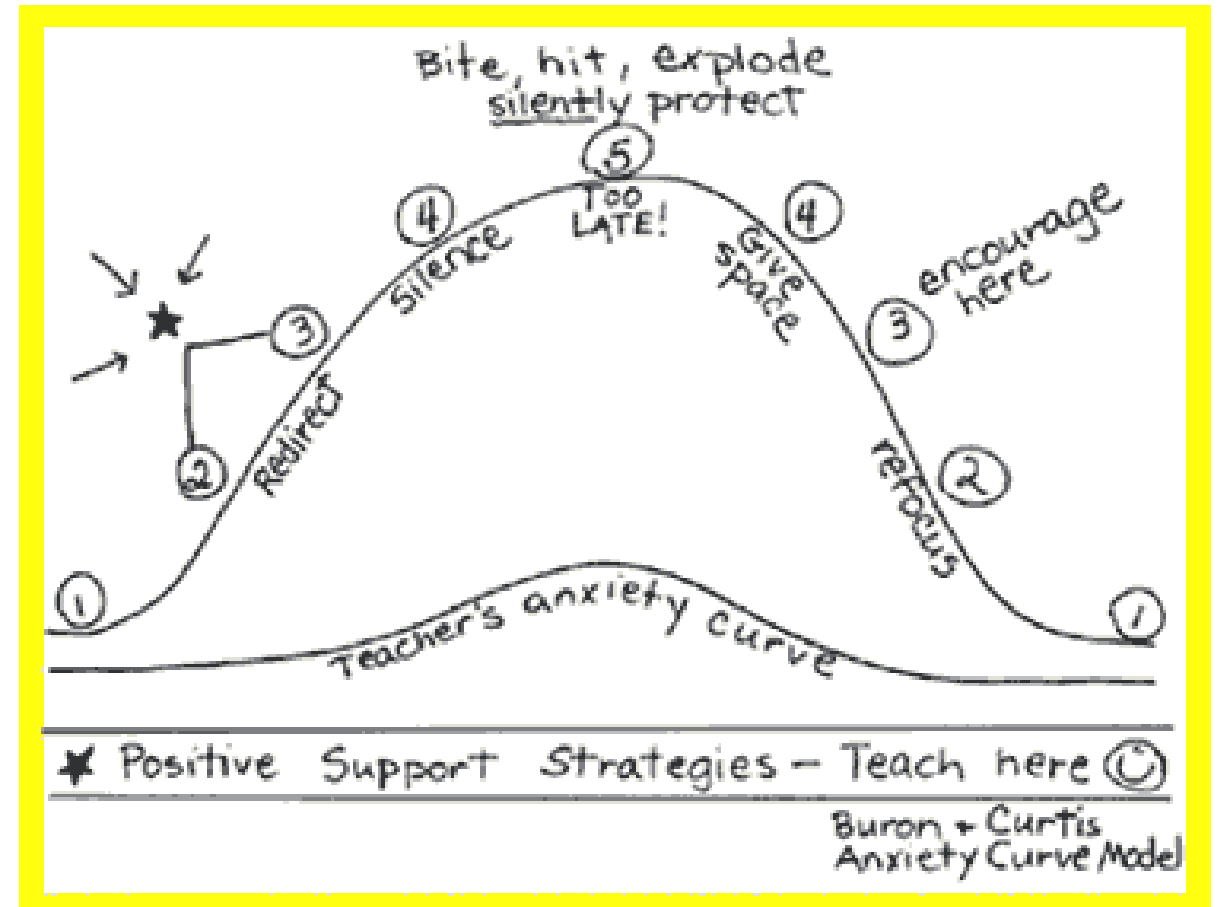
Level	Person, Place or Thing	Makes me feel like this
5		This could make me lose control!! 
4		This can really upset me. 
3		This can make me feel nervous. 
2		This sometimes bothers me. 
1		This never bothers me. 

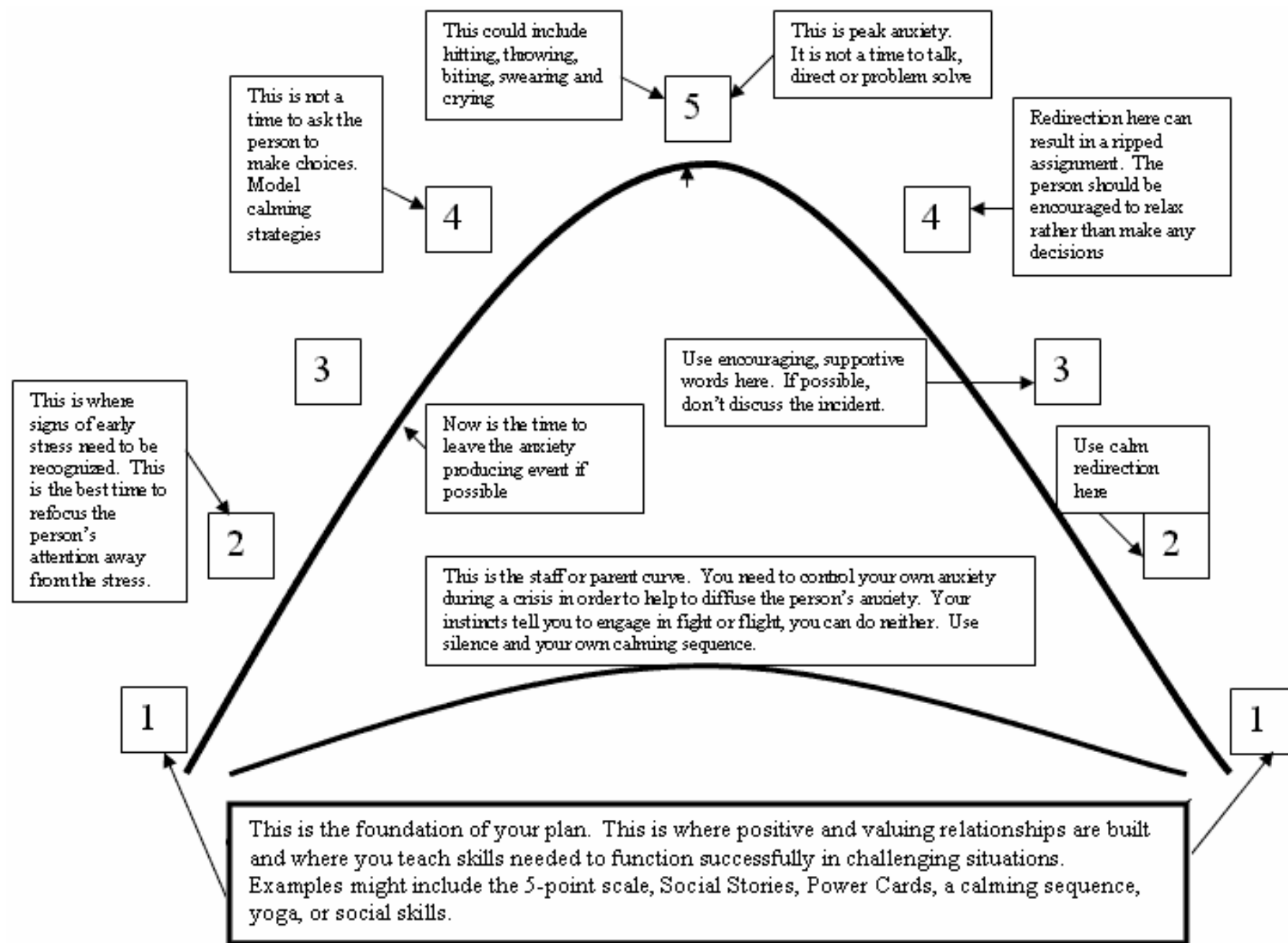
# Examples of when a scale has been used

- Voice volume
- Tone of voice
- Worrying
- Asking for help
- Who is a friend
- Asking for help
- Touching
- Classroom rules
- Words we use
- Losing and winning
- Tolerance for others
- What is fair
- Personal distance
- Looking at other people



## The 5-Point Scale Anxiety Curve







# My 5 point scale

Feels like:

What it looks like:

MAD

5



FRUSTRATED

4



JUST  
RIGHT

3



QUIET

2



SLEEPY

1



## Voice Volume Scale

5

YELLING



Help!!

4

LOUD



My turn!

3

conversation



Hi, can I  
join in?

2

whisper



goodnight

1





no sound



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

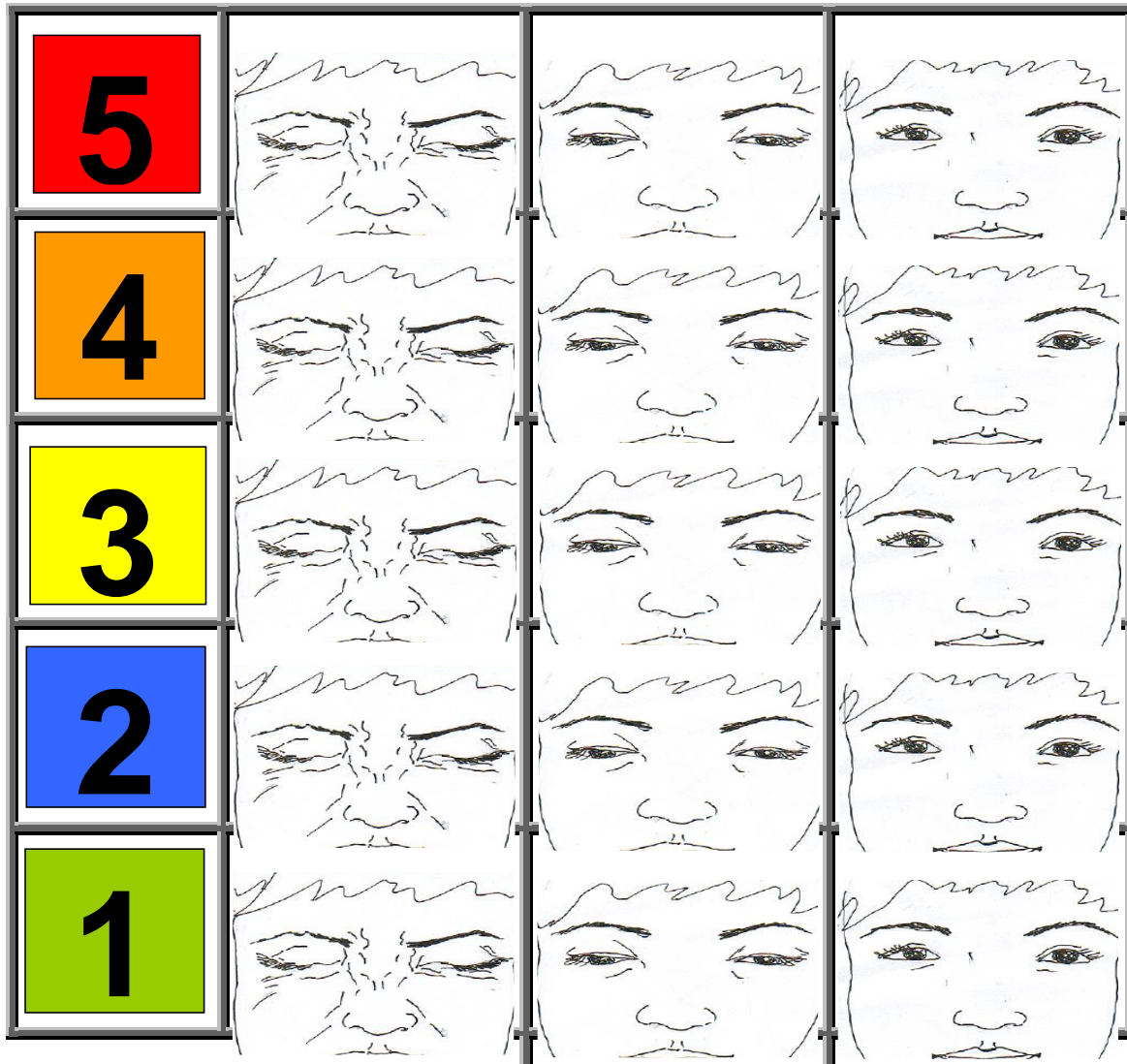
	Looks like	Feels like	I can try to
5		I have lost control.	
4		I need urgent help, I am about to lose control.	
3		I am becoming anxious, I may need help.	
2		I am aware of something which might bother me, but I'm coping well.	
1		I am completely calm. Nothing is bothering me.	

Level	Person, Place or Thing	Makes me feel like this
5		This could make me lose control!! 
4		This can really upset me. 
3		This can make me feel nervous. 
2		This sometimes bothers me. 
1		This never bothers me. 

Level	Person, Place or Thing	Makes me feel like this
5		This could make me lose control!! 
4		This can really upset me. 
3		This can make me feel nervous. 
2		This sometimes bothers me. 
1		This never bothers me. 

My Anxiety Level	
5	
4	
3	
2	
1	

My Anxiety Level	
5	Forget it. My self-control is zero. I need to talk.
4	It is hard for me to control myself. I'll need someone to help or a way out in a hurry.
3	I'm okay. I would like someone nearby to support me.
2	I'm cool.
1	No problem. I'm in complete control for at least ____ minutes. I'll even be able to help someone else.



## Calming Sequence

Practicing the calming sequence can help me stay in control. It goes like this: close my eyes very tightly and count to 5, slowly open my eyes halfway and hold it there for a count of 5, open my eyes fully and relax, repeat 5 times.



# The Incredible 5-Point Scale

**Kari Dunn Buron**  
A pretty good teacher from Minnesota

- 5 Stuff About Kari
- 4 Book Reviews & Links
- 3 More Sweet Scale Ideas
- 2 Kari's Blog
- 1 Other Projects & Articles

[www.5pointscale.com](http://www.5pointscale.com) was developed to share information about the use of the 5-point scale and other systems to teach social and emotional concepts to individuals on the autism spectrum.

Kari is committed to positive support for all students and to the teaching of skills needed for social success. I hope my site will inform, teach, support and excite anyone looking for some good ideas.

*The Social Times Curriculum*



[Ordering Information](#)  
[View details and reviews.](#)

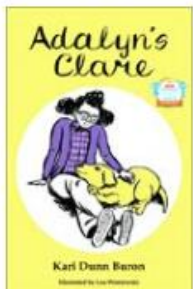


*The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition; Assisting students in understanding social interactions and controlling their emotional responses*  
[Ordering Information](#)

[Download blank 5-point scales](#) for individualized use.

*The Incredible 5-Point Scale - Second Edition*  
New sections addressing using the scale with very young children and with non-verbal individuals.

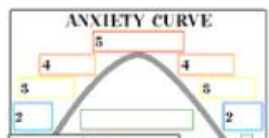
"A great resource just got better!" Carol Grey  
"The scale is genuinely incredible!" Tony Attwood  
"A must have..." Michelle Garcia Winner



[Ordering Information](#)

Kari's new early chapter book, *Adalyn's Clare* — IS

"...Fun and easy to use! Contains short stories, cartoons, crossword puzzles and tips that help student learn about relationships, emotions, and themselves. All materials are included! No specialized training required. It is wonderful!"  
-Kathleen Quill, EdD, BCBA-D



[Social Behavior and](#)

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ASD language disorder.

cognition  
PDA SpLD asperger syndrome  
dyslexia anxiety phonological processing  
dyspraxia ADD learning OCD  
dyscalculia autism memory  
ADHD sensory processing executive function

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