

The Incredible 5 Point Scale:

We use this tool in all aspects of our school community. It provides a visual and concrete way to identify strengths, worries and concerns; crucially it captures the strategies to help students manage these worries and celebrate their successes. The five-point scale can be used to teach any construct: volume, pain, emotions or nearly anything that can vary in degree or amount. We use it to help our students rate their own behaviour, responses, feelings and reactions in a specific situation or context.

How do I create a 5 Point Scale? Anyone can do a 5 Point scale with a student!

1. Start by selecting a topic for rating; the topic must have various degrees or levels and should be appropriate for the scale.
2. Assign values for each number; define what each level of the concept looks/sounds like.
3. Create a visual support; using the student's area of interest, create a story that explains how to use the scale.
4. Teach the scale; build in time to teach the student how to use the scale and how to identify each level.
5. Extend its use; have the student practice the scale and ensure to teach generalization of the scale so it can be used across settings and people.

My 5 Point Scale: Example for when I am stressed.....

	Looks Like	Feels Like	What & Who Helps..
5	<ul style="list-style-type: none"> • Walk around • Break things • Swear • Crying/ Screaming 	<ul style="list-style-type: none"> • Hot • Sharp • Horrible • Angry 	<ul style="list-style-type: none"> • Exercise ball • Outside Space • Stop me from hurting myself and others
4	<ul style="list-style-type: none"> • Walk around • Run away • Swear • Start to break things or graffiti 	<ul style="list-style-type: none"> • Pressure • Really tough • A bit sick • Want to stop but don't know how 	<ul style="list-style-type: none"> • Exercise ball • Outside space • Bob or therapy dogs • Remind me about my point scale
3	<ul style="list-style-type: none"> • Sometimes smile • Swear • Talking but don't know what to say • Destroy my work • Walk out of class • Make personal comments 	<ul style="list-style-type: none"> • Confusing • Don't know what to do or ask for help. • Want to break things 	<ul style="list-style-type: none"> • Burning off energy, • Therapy dogs • Time alone • Time with my trusted person • Remind me about rewards • Not too many questions. One person talks to me
2	<ul style="list-style-type: none"> • Smiling • Start to swear • Shoulders are down • Less eye contact • "snap" at people when they talk to me • Tapping on the desk 	<ul style="list-style-type: none"> • Doesn't mind being at 2 • Mostly ok but I don't know why I turn into a 3 	<ul style="list-style-type: none"> • Someone asking if I am Ok. • Reminding me what I am doing next • Sitting on a wobble cushion/having a fidget toy • Time by myself • Lego/reading a book
1	<ul style="list-style-type: none"> • Smiling • Happy • Talking • Helpful 	<ul style="list-style-type: none"> • Likes being a 1 	<ul style="list-style-type: none"> • Being in class • Time with the therapy animals • Football in the MUGA



ACE TIVERTON
SCHOOL

My 5 Point Scale

Topic: _____

	Looks Like	Feels Like	What & Who Helps..
5	•	•	•
4	•	•	•
3	•	•	•
2	•	•	•
1	•	•	•

Date Written		Date of Review	
Student Name		Student Signature	
Staff Name		Staff Signature	
Family Name		Family Signature	

