

Incredible 5-Point Scale

Guide for education professionals

What this resource includes

We've included some templates based on the original Incredible 5-Point Scale, developed by Kari Dunn Buron and Mitzi Curtis. You can also find example scales that are suited to anger and for social anxiety.



How to use the Incredible 5-Point Scale

Schedule a time when the pupil is usually calm to introduce the scale.

Explain that you will be creating a visual scale to help them understand and express how they are feeling and that it is personal to them. Depending on their age it might be useful to use the analogy of a secret code that you need their help to create! You might want to find pictures that are aligned to their special interests or that they find particularly helpful.

Emphasise that it is designed to help them become more aware of how they are feeling - not to punish them for breaking a rule.

Focus on a tricky behaviour and talk to them, explain you will be breaking it down into five levels together and discuss how it feels for them at different levels of intensity or duration.

Next, discuss and explore strategies they find useful for managing their emotions at each level. Ask the child to discuss what they might do.

Encourage the pupil to use the scale as soon as they recognise how they are feeling or behaving. How you do this is entirely dependent upon the individual. You might start off asking "What level are you at right now?" when you become aware of the behaviour, but the aim is that they start to notice it in themselves. This is particularly useful if they are at a Level 2 or 3 and you can work together to get that back down to a Level 1.

Alternatively, you might want to use it as a daily check-in, perhaps at lunch or morning break, (whenever makes sense depending on when the behaviour is most likely to have occurred) and you can reflect on what happened together. You can focus on self-awareness skills first and then encourage the pupil to start using it to proactively self-regulate with greater independence.

For more guidance on how to use the Incredible 5-Point Scale visit our blog:

realtraining.co.uk/incredible-five-point-scale

Generic Scales

5-Point Scale

MY GOAL:



How am I feeling?

What am I doing?

I need to:



How am I feeling?

What am I doing?

What can I do?



How am I feeling?

What am I doing?

What can I do?



How am I feeling?

What am I doing?

What can I do?



How am I feeling?

What am I doing?

What can I do?

5-Point Scale

MY GOAL:

5



Overwhelmed

What it feels like:

I need to:

4



Getting angry

What it feels like:

What I can do:

3



A little nervous

What it feels like:

What I can do:

2



Something is bothering me

What it feels like:

What I can do:

1



Feeling ok

What it feels like:

What I can do:

5-Point Scale

MY GOAL:

5



Overwhelmed

What it feels like:

I need to:

4



Getting angry

What it feels like:

What I can do:

3



I'm quite frustrated

What it feels like:

What I can do:

2



Something is bothering me

What it feels like:

What I can do:

1



Feeling ok

What it feels like:

What I can do:

5-Point Scale

MY GOAL:

5

What it feels like:

I need to:

4

What it feels like:

What I can do:

3

What it feels like:

What I can do:

2

What it feels like:

What I can do:

1


What it feels like:

What I can do:

Anger Template


5-Point Scale

Anger

5 
Going to explode


What it feels like: _____

I need to: _____

4 
Getting very angry

What it feels like: _____

What I can do: _____

3 
I'm quite frustrated


What it feels like: _____

What I can do: _____

2 
Something is bothering me

What it feels like: _____

What I can do: _____

1 
Everything is ok

What it feels like: _____

What I can do: _____

5-Point Scale

Anger - completed example

<p>5</p>  <p>Going to explode</p>	<p>What it feels like:</p> <p><i>I'm so angry I'm not sure how to calm down. I feel like a volcano has exploded.</i></p>	<p>I need to:</p> <p><i>Take to myself out to my safe space</i></p>
<p>4</p>  <p>Getting very angry</p>	<p>What it feels like:</p> <p><i>Everything is too hard and I'm losing control</i></p>	<p>What I can do:</p> <p><i>Count to ten</i></p> <p><i>Use stressball</i></p>
<p>3</p>  <p>I'm quite frustrated</p>	<p>What it feels like:</p> <p><i>Something is bubbling away and distracting me</i></p>	<p>What I can do:</p> <p><i>Put my hand up and ask ask for help</i></p> <p><i>5 finger breathing</i></p>
<p>2</p>  <p>Something is bothering me</p>	<p>What it feels like:</p> <p><i>I know something is not quite right. I'm beginning to get annoyed about something.</i></p>	<p>What I can do:</p> <p><i>Tell my friend how I'm feeling</i></p>
<p>1</p>  <p>Everything is ok</p>	<p>What it feels like:</p> <p><i>I'm calm and ready to learn</i></p>	<p>How can I stay like this?</p> <p><i>Enjoy feeling ok!</i></p>

Social Anxiety Template


5-Point Scale

Social anxiety

5  **Overwhelmed**


What it feels like: _____

I need to: _____

4  **Getting very upset**

What it feels like: _____

What I can do: _____

3  **I'm quite nervous**

What it feels like: _____

What I can do: _____

2  **Something is bothering me**

What it feels like: _____

What I can do: _____

1  **Everything is ok**

What it feels like: _____

What I can do: _____

5-Point Scale

Social anxiety - completed example

<p>5</p>  <p>Overwhelmed</p>	<p>What it feels like:</p> <p><i>I feel like I can't manage at all. I don't feel like I can use my words.</i></p>	<p>What I need to do:</p> <p><i>Wave or grab an adult to come help me</i></p>
<p>4</p>  <p>Getting very upset</p>	<p>What it feels like:</p> <p><i>I feel really anxious and I am not sure what to do to make myself feel better.</i></p>	<p>What I can do:</p> <p><i>Ask an adult for help</i></p>
<p>3</p>  <p>I'm quite nervous</p>	<p>What it feels like:</p> <p><i>I'm starting to feel anxious. My tummy might hurt, and I might avoid talking or doing things I usually enjoy.</i></p>	<p>What I can do:</p> <p><i>Tell an adult or one of my close friends how I am feeling.</i></p>
<p>2</p>  <p>Something is bothering me</p>	<p>What it feels like:</p> <p><i>A bit nervous but I can still manage ok</i></p>	<p>What I can do:</p> <p><i>Ask for a little extra help or take a short break</i></p>
<p>1</p>  <p>Everything is ok</p>	<p>What it feels like:</p> <p><i>I am feeling happy and relaxed. I am talking with others, playing games and joining in easily.</i></p>	<p>What I can do:</p> <p><i>Keep playing games with others as I feel comfortable.</i></p>