

The Incredible Five Point Scale - Simplicity

It is easy to break something down into 5 levels and colours. You can even start with 3 levels with younger children - but do use 1, 3 and 5 so that you can insert the other numbers later if you need

5	Throwing up. Slurred speech. Seeing double. Passed out.
4	Spilling drinks. Lock self in bathroom. Dancing on tables.
3	Yelling "I love you guys!" Increased mood swings.
2	Relaxed. Silly, hungry. Laughing at other people.
1	Where's the server? I'm thirsty.

Example

	Looks Like	Feels Like	I Can Try to
5	Kicking or hitting	My head will explode	Call my mom to go home
4	Screaming or hitting	Nervous	Go see Mr. Peterson
3	Quiet, rude talk	Bad mood, grumpy	Stay away from kids
2	Regular kid	Good	Enjoy it
1	Playing	A million bucks	Stay that way

Objectivity - video

Giving an action or emotion a number and a colour means that they are not labelled good or bad. Feeling angry is not good or bad - everyone can feel angry. It's how we express that anger and manage how it makes us feel and behave that is important. The scale can support children and young people to develop appropriate ways to release and express anger.

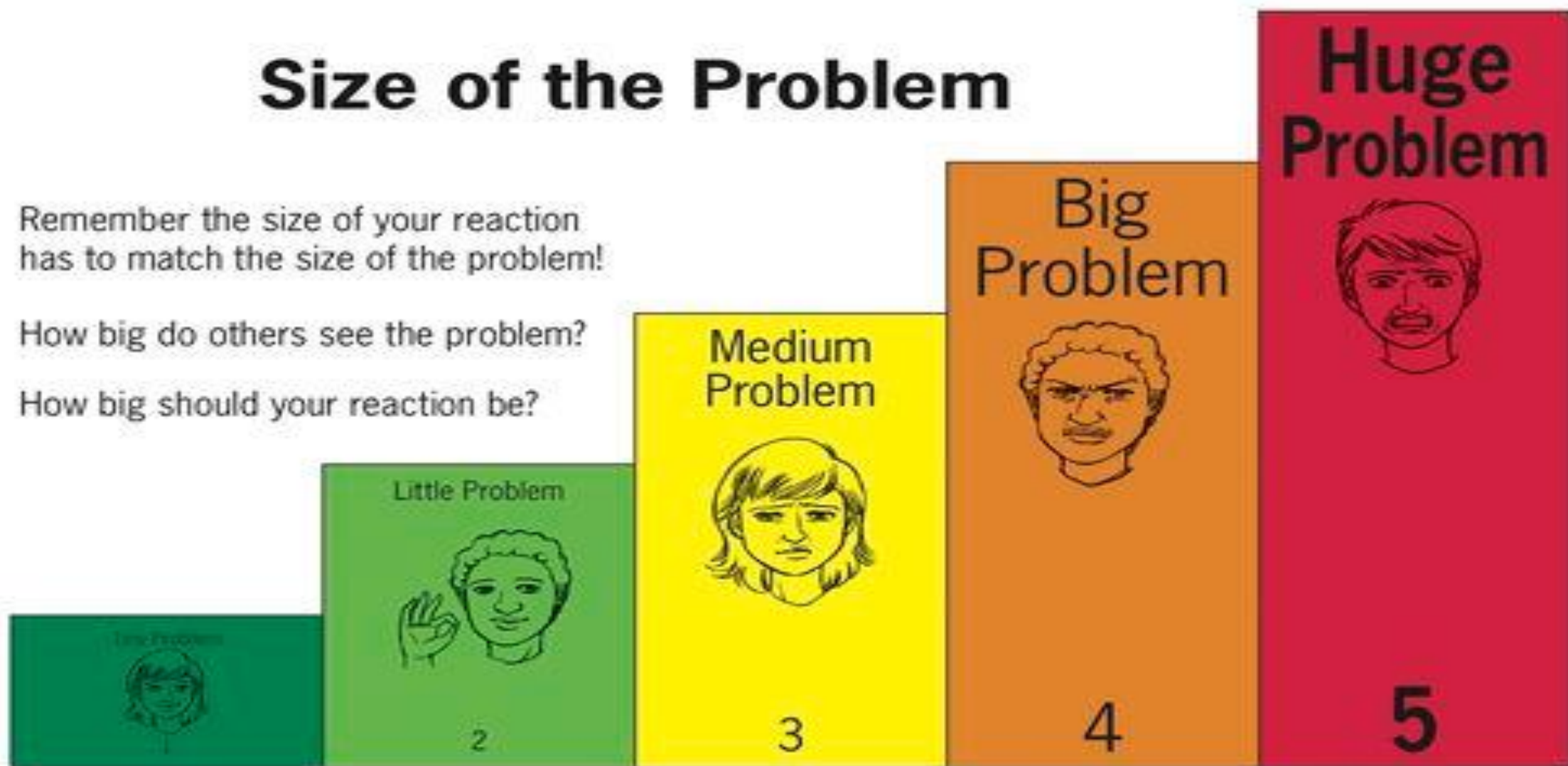


Size of the Problem

Remember the size of your reaction has to match the size of the problem!

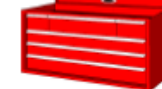
How big do others see the problem?

How big should your reaction be?



Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's Think Social! (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com

The Emotional Toolbox: Planning For Your Student



Physical Activity Tools



Quick release of emotional energy
Use at high stress levels
Physical exercise
- walk, run, trampoline
Sports
Dancing
Swing
Lifting and carrying
Weightlifting

Sensory Tools



Sounds - ear plugs, headphones
Light - hat, sunglasses
Aroma - hat, sunglasses
Tactile - clothing

Curriculum Resource:
The Alert Program-How Your Engine Runs

Sensory Diet

Everyone has a unique "formula" to help their brains maintain a balance. Before designing a sensory diet, consult an occupational therapist (OT) to help assess and design a diet that meets the needs of the individual.

Relaxation Tools



Slow release of emotional energy; decrease heart rate; use at low stress levels
Relaxation training
Visual imagery
Music
Solitude
Massage
Repetitive action
Happy book
Deep pressure
Jigsaw
Art
Stress ball
Reading

Special Interests



A means of thought blocking, relaxation
Keeps anxiety under control

Collecting and cataloguing
Research project on the web (e.g. a webquest)
Reading/writing about a special interest
Watch videos

Social Tools



Time with a favorite person (family member, friend)
Being with a pet
Sharing the problem
Seeking a second opinion
Solitude
Meeting someone with similar issues
counselor/mentor with ASD/Aspergers
Affection (modulate for intensity and duration)

Medication



Used in combination with other tools

Treatment of an anxiety disorder or a clinical depression
Impulsivity
Mood Cycles

Thinking, Feeling, Doing Tools



Affective
Education/Emotional Literacy
Scrapbooks, Diaries
Matching emotions
Labeling emotions
Stories about emotions

Social Understanding & Social Thinking approaches

Social Narratives:
Social Scripts
Social Stories
Comic Strip
Conversations
Power Cards

Regulating Emotions

Calm Down Scripts
Visual Supports: Reminders
Incredible Five-Point Scale

Flexibility and problem solving

Video Modeling & Video Self-Modeling

Based on the work of: Dr. Tony Attwood; Compiled and Formatted by Vicki Rothstein, M.A. Autism Consultant, Registered SLP(C)

What tools do you have in your toolbox?

Physical tools

Solitude

Social Tools – People
or pets

Emotional

TOOLS

Relaxation Tools

Thinking tools

Special Interest
tools

Energy Accounting (Maja Toudall)

- Everyday activities and tasks can be a real energy drain on autistic people, potentially causing high stress levels.
- Everyday activities can include practical, social and emotional aspects.
- It is a structured and logical way of looking at replenishing energy levels.
- The activities that drain you are your withdrawals, and the ones that calm you or make you feel better are deposits.

Energy bank account

Withdrawal

Socialising

Change

Mistakes

Sensory sensitivity

Daily living skills

Other peoples moods

Being teased or excluded

Public transport

Deposit

Solitude

Special interests

Physical activity

Animals and nature

Computer games

Meditation or mindfulness

Sleep

Chilling out

Favourite blanket

chocolate