

Incredible 5-Point Scale

What is the Incredible 5-Point Scale?

The Incredible 5 Point Scale is a visual tool used to assist children in becoming aware of their emotions, such as anger or sadness, and the stage or level of the emotion. Using the scale, the child rates their emotions. The scale consists of 5 points, with each point/number representing a different level of e.g., volume or anger. Each number is given a different colour. In this way, the scale acts as a visual representation of the child's feelings or actions. This then allows the child to (a) provide information to the adult about how they are feeling, (b) become more effective in managing their thinking process, and (c) implement the desired behaviour as a proactive approach. Giving a number instead of trying to describe or name an emotion helps children think efficiently to make good decisions in a variety of situations.

Who can Benefit from Emotions Charts?

Some children find it difficult to identify, label or express feelings, and this is when an emotions chart can be a very useful tool. All children can benefit from the help the visual clues emotion charts provide, but particularly those children that:

- do not communicate verbally
- have difficulties identifying other people's emotions or their own
- have difficulties expressing feeling

How to Use the Scale

The first step in using the scale is to identify problem areas for the child. For example, problems involving changes in routine, playing with peers, or following rules at work. The next step is to break the problem area into 5 parts clearly illustrating the degrees of the situation and putting this information onto a visual scale. See the example below:

5 = This could make me lose control.

4 = This can upset me.

3 = This can make me nervous.

2 = This sometimes bothers me.

*1 = This never bothers me. **

Discuss the images with your child. Label and describe the feelings in each image.

What does each of them represent? How do I look and feel when I am at that level?

1. Emoticon with a big smile: It represents happiness. I know I'm feeling great because I laugh and smile.
2. Emoticon with a neutral face: It tells me I'm still doing ok. Not as great as before, but still ok.
3. Emoticon with an something: It tells me something annoying is happening. It doesn't feel good. I am starting to get angry. I frown. I don't feel like smiling anymore.
4. Emoticon with a very angry face: I'm feeling angry when I am like that. I may shout. I may also say things that are not nice.
5. Emoticon with the angriest face: I'm out of control. I'm mad. I scream. Sometimes I hurt myself or others. I spit. I throw toys. I may destroy things.


Decide with your child what will be the “anger action plan”

The beauty of this tool is that it provides you with an opportunity to work on developing coping skills:

- Brainstorm with the child activities and strategies that may help them deal with those emotions when he/she reaches each level.
- Practice your selected strategies when your child is calm and happy
- Keep practising! The repeated practice facilitates automating these strategies so that the child is more likely to implement them when she is angry or feeling anxious.

Examples of the Scale

MINECRAFT
Incredible 5 Point Scale
 Help kids get their Frustration under control

	What does it feel like	What does it look like
 5	Out of Control Feels like you're a creeper and you're going to explode	Screaming Yelling Crying Throwing Things Kicking Things Breaking Things Hitting Things
 4	Starting to lose it Getting angry like a Zombie	Head feels like it's overheating Start to say mean or hurtful things Call people names Take things away from people Kicking Furniture Lame and Brags tells you to do things that will get you in trouble
 3	Anxious/Worried/Excited Feels like an Enderman and you want to get away or jump right out of your skin	Anxious/Worried Don't want to talk about it A little scared Tummy starts to hurt Upset about something Repeating Words Over Excited Jumping up and Down Popping hands Pulling on Things or People Repeating Words Can't stay in seat
 2	A little stressed or calm Feels like Steve who has to work hard to survive	Might be hard for me but I will try to do it I will cooperate I will listen When I'm done it will make me feel good about myself for working so hard
 1	Just Right Like Notch	Happy Calm Peaceful Feeling better you interested in something

Feelings Chart		
	How I feel	What I can do
5	 I need some help!	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use therapy <input type="checkbox"/> Hold on to Luke Skywalker (if he is here) <input type="checkbox"/> Take 4 or 5 deep breaths
4	 I'm really upset.	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use therapy <input type="checkbox"/> Hold on to Luke Skywalker (if he is here) <input type="checkbox"/> Take 4 or 5 deep breaths
3	 I've got a problem.	<input type="checkbox"/> Let a teacher know that you have a problem and need some help <input type="checkbox"/> Play with your squishy thing <input type="checkbox"/> Hold on to Luke Skywalker (if he is here) <input type="checkbox"/> Take 4 or 5 deep breaths
2	 Things are pretty good.	<input type="checkbox"/> Play with my squishy thing <input type="checkbox"/> Think of my favorite things <input type="checkbox"/> Say "I'm going to be O.K." to yourself <input type="checkbox"/> Take 3 or 4 deep breaths
1	 Feeling Great!	<input type="checkbox"/> Enjoy the feeling! <input type="checkbox"/> Have fun