

How Do I Feel?

Winter 5 Step Behavior Scale



Includes instructions and materials that support:

- Emotional Regulation
- Classroom Management
- Self-Monitoring

Instructions

- Print the scale (card stock will make it sturdier) and laminate.
- Use it throughout the day, not just when the child is upset.
 - For example, if they are painting, you might say, "Look, you are a 1 right now."
 - Or if they are frustrated with their work, you might say, "You look like a 3. Can I help you?"
 - Do this all day.
- When the child is getting upset, point to the number and say, "Oh, look, you're a 4. Let's bring it down to a 3."
- Always praise them for trying to respond.



Being calm or upset are abstract concepts. What exactly is "stressed?" How do you know when to ask for help in calming down?

A scale assigns a concrete representation to an abstract concept. Presenting a child with numbers 1–5 can help them draw comparisons between different emotional states..

Pro tip:

Visual scales can be used for any abstract behavior. You can create your own scales, personalizing them as needed. For more information about scales, go to: <https://www.5pointscale.com>



HOW DO I FEEL?



1



Calm as a melting snowflake

2



Peaceful as a happy penguin

3



As stressed as Santa in a snowstorm

4



Sad as a melting snowman

5



Upset as a broken gingerbread man

Five Step Scale

DIY

1



2



3



4



5





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