

## <u>Instructions</u>

- 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?



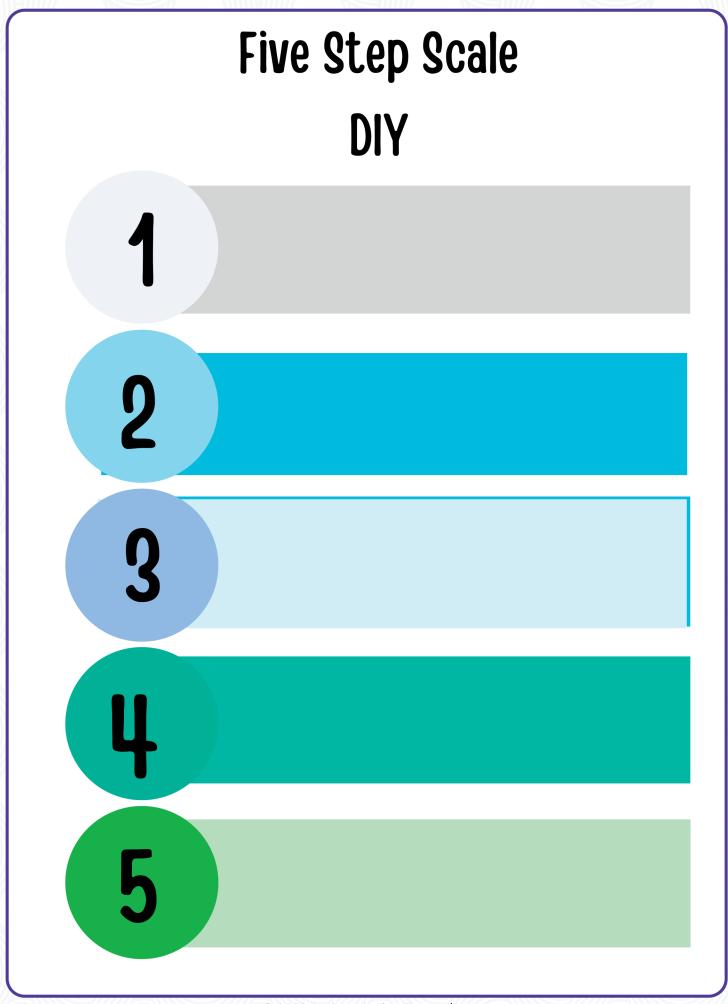
Calm as a melting snowflake

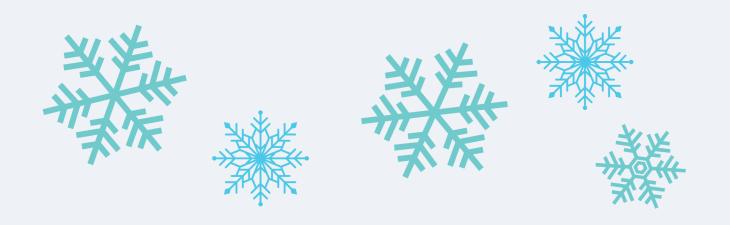
Peaceful as a happy penguin

3 As stressed as Santa in a snowstorm

Sad as a melting snowman

5 Upset as a broken gingerbread man





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