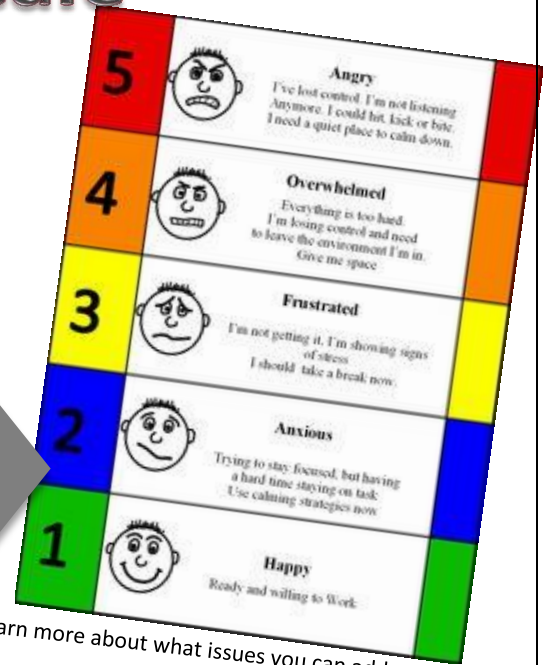


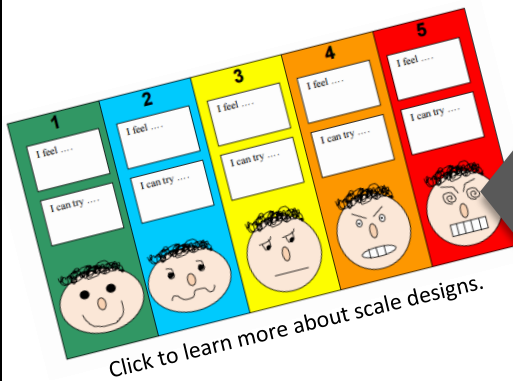
The 5-point scale

The 5-Point Scale was developed by Kari Dunn Buron and Mitzi Curtis. The 5-Point Scale is a teaching tool that visually represents social behaviors such as "touching," emotions such as "anger," and abstract ideas such as "silliness." The 5-Point Scale visually breaks down the issue into clear, visual and tangible pieces including how it looks or feels, and identifies ways to respond or cope at each level.



Click to learn more about what issues you can address with a scale.

Choose the issue to address.



Click to learn more about scale designs.

Design your scale.

Fill in your scale.

My Silliness Scale	
What it looks/sounds like:	What I can do:
5 I am laughing so hard I can't control myself or stop. I can't tell other people why I am laughing. I am ignoring all the other people around me and how they feel.	I can take a deep breath. Ask for a break. When I am calm I can return to the group.
4 I start laughing about something I heard someone say on TV. No one knows what I am laughing about. I repeat my joke over and over again in a loud voice and ignore the other people around me.	In this a silly moment of a serious moment? Remember jokes are not funny to take away. Think about how other people feel when I am ignoring them.
3 I say something that I think is funny and start laughing. This usually means I am not talking about what the group is talking about. Sometimes I repeat the joke over and over and gaggle. It's hard to stop.	Remember the CHOP? RUC. Only use the word on joke and not that there on. Remember to tell other people why I am laughing.
2 Someone says something that is funny. Everyone is laughing so it is okay for me to laugh too. I stop laughing when everyone else stops.	Remember to stop laughing when everyone else stops!
1 I am calm. I am not laughing right now. I am listening with my whole body to the teacher or the group.	I don't have to do anything!

Click to learn more about additional information you can include.

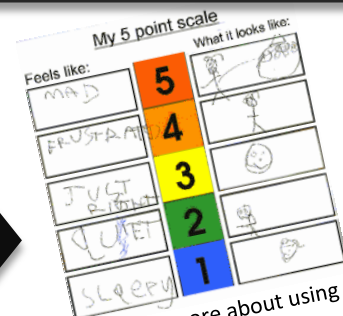
Words Do Matter

5	Threatening Words	Threatening words are the worst possible words. These words make other people think that you are going to hurt them. These words are actually against the law. Saying you are going to hit someone or bring a gun to school is an example.
4	Angry Words	These are words that people say when they are very angry. These are usually swear words. Saying a swear word could get you in trouble at school or keep them a job. Using swear words when you are angry is a bad habit, so be careful!
3	Hurtful Words	These are words that make other people feel sad or upset. They might be rude words about how someone looks or sounding words. These words make other people feel uncomfortable around you. It is hard to make many friends when you use these hurtful words.
2	Just Fine Words	These words feel pretty good to other people. These words are every day words like "hi" or "see you later". People feel good when you use these social words.
1	Sweet Words	These are words that actually make other people feel good about themselves. Sweet words are compliments like "I like your hair" or "what a nice drawing". Using sweet words is one of the best ways to make friends.

Click to learn more about teaching the scale.

Teach the scale.

Use the scale.



Click to learn more about using the scale.

Links used in this document:

Choosing what to address: <https://1drv.ms/b/s!AsKoOOn2jp1OxjaBiERJCQpXOBvR>

Designing the scale: <https://1drv.ms/b/s!AsKoOOn2jp1Oxjg7yFlyLZv5IEw2>

Filling in the scale: <https://1drv.ms/b/s!AsKoOOn2jp1Oxjz3jToAHTcgzIF>

Teaching the scale: <https://1drv.ms/b/s!AsKoOOn2jp1OxkDHB0XerLMFMx8E>

- Teacher teaching the scale: [click here](#)
- Teacher teaching the scale: [here](#)
- Video-modeling: [example of a video](#)

Using the scale: <https://1drv.ms/b/s!AsKoOOn2jp1OxklePYUH4KadSt6T>

Resources

<http://www.5pointscale.com/>

https://erinoakkids.ca/ErinoakKids/media/EOK_Documents/Autism_Resources/5-Point-Scale-Tip-Sheet.pdf

<http://www.autisminternetmodules.org/> (you will have to create an account that is free)

http://www.ocali.org/project/resource_gallery_of_interventions/page/5_point_scale