

5 Point scale example

	What does it feel like?	What does it look like?	What will help?	
			Other adults	Me
<p>5 Angry</p>	Really, really angry	Red in the face Shout in people's faces	Leave me alone for 5 minutes Ask if I'm ok Listen to me	Use my time out card Go to a safe place Calm myself down Get a drink
<p>4 Upset</p>	Sad Crying	Ignore people Walk away from people	Leave me alone for 5 minutes Ask if I'm ok Listen to me	Go to a quiet place in class Talk to an adult
<p>3 Not very good</p>	Worried	Look around Walk around Quiet	Be quiet Ask if I'm ok	Go to a quiet place in class Sit down Talk to an adult
<p>2 Ok</p>	A bit smiley	Quiet Might walk around a little	Be quiet Ask if I'm ok	Go to a quiet place in class Sit down
<p>1 Good day</p>	Relaxed Happy	Smiling I do my work I talk to people	Don't give me too many instructions (2 max) Tell me 5 minutes before a change over	