






5 Point Scale

The 5 point scale was developed as a system to teach social and emotional concepts to individuals on the autism spectrum. Created by Kari Dunn Burton, it aims to help children become aware of their emotions. However, this is also a useful tool to help children understand and identify their emotions whilst playing online. If your child displays negative emotions or needs the tools to help identify their emotions and understand how to counteract these, this activity is very useful. You can print out the template on the next page to fill out.

An example of a completed scale.

Scale	Looks Like	Feels like	I can
5 I am going to explode I need an adult to help me		I feel bad and I'm not sure how to stop this. I want to Scream Hit someone Break things Punch someone	I need a safe place to calm down Take a break/leave the room Take some deep breaths Go for a run Do a calming activity
4 Rumbling I need some support		I feel I'm starting to lose control I might say or do something I could regret later I'm yelling at the game I'm arguing with people	Take a break and move away from what's upsetting me Take a brain break Drink some water Choose another activity
3 Feeling I might need to take a break		I'm starting to feel frustrated I'm getting frustrated with the game My voice is getting louder I feel worried	Let someone know how I am feeling. Take a break Take some deep breaths Focus on my senses Do something else that makes me happy
2 I'm ok I know something doesn't feel right but I know what to do		I'm listening to my body and I'm doing my best My eyes are tired My body feels tired	I'm ok to keep playing but I know I need to listen to my body Take deep breaths Have a drink Do some quick stretches
1 I'm happy		Feel good about myself I'm enjoy playing I can recognise if I feel tired/angry/stressed	I know to take regular breaks – have a drink and get some fresh air I can carry on having fun

5 Point Scale template

Scale	Looks Like	Feels like	I can
5 I am going to explode I need an adult to help me			
4 Rumbling I need some support			
3 Feeling I might need to take a break			
2 I'm ok I know something doesn't feel right but I know what to do			
1 I'm happy			