

## Five Point Scales

- Can be used to help individuals recognise what makes them anxious and what they can do to make themselves feel better.
- You will need to involve the individual in making their own Five Point Scale – they are the best person to know what makes them anxious and what makes them feel better.
- You can give examples of things you think might make them anxious such as 'going to school' or 'loud noises' and ask them to place it on the scale.
- Some people may prefer just three points – happy, ok, and anxious.
- You will first need to make sure the individual understands the word 'anxious' and consider using an alternative word such as 'worried' or 'angry'. Remember that it needs to be personal to the individual so they can choose the wording.
- In the beginning, you will need to prompt the individual how to use their Five Point Scale – for example you might have to tell them 'you are on a number 3. You need to take some deep breaths'. Hopefully over time and with practice, the individual will be able to do this independently.

## Example

What I do when...



What can make me feel like this...

<p><b>I am happy</b></p>  <ul style="list-style-type: none"> <li>• Star Wars</li> <li>• Trains</li> <li>• Getting a new toy</li> <li>• Playing on my Xbox</li> </ul> <p><b>1</b></p>	<p><b>I am uncomfortable</b></p>  <ul style="list-style-type: none"> <li>• Getting up in the morning</li> <li>• Going to school</li> </ul> <p><b>2</b></p>	<p><b>I am anxious</b></p>  <ul style="list-style-type: none"> <li>• Homework</li> <li>• Doing a chore</li> <li>• Meeting new people</li> <li>• Going to new places</li> </ul> <p><b>3</b></p>	<p><b>This can make me MAD!</b></p>  <ul style="list-style-type: none"> <li>• Starting a new year at school</li> <li>• Surprises</li> <li>• Brushing my teeth</li> <li>• Being told what to do</li> </ul> <p><b>4</b></p>	<p><b>This can make me lose control</b></p>  <ul style="list-style-type: none"> <li>• The fire alarm going off at school</li> <li>• Not getting my own way</li> <li>• Someone moves my toys</li> </ul> <p><b>5</b></p>
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What I can do to make me feel better...

<p><b>I am happy</b></p>  <p>Nothing - I am happy.</p> <p><b>1</b></p>	<p><b>I am uncomfortable</b></p>  <p>Check my timetable so I know what I'm doing.</p> <p><b>2</b></p>	<p><b>I am anxious</b></p>  <p>Use my stress ball and fidget toys.</p> <p><b>3</b></p>	<p><b>This can make me MAD!</b></p>  <p>Take deep breaths and count to 10.</p> <p><b>4</b></p>	<p><b>This can make me lose control</b></p>  <p>LEAVE ME ALONE! I need to punch a pillow and spend time by myself.</p> <p><b>5</b></p>
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