

The Incredible 5 Point Scale

The incredible 5 point scale (Buron & Curtis 2003) is a strategy based upon research that demonstrates the majority of individuals with Autistic Spectrum Condition (ASC) respond to visual support and can be used to teach social concepts and modify behaviours.

The 5 point scale simplifies behaviours by assigning them a number and /or colour and description. They can be used for a specific individual or within a group of situation and are tailored to a particular situation or behaviour.

Talking in numbers and colour instead of describing or naming an emotional state can help some individuals think efficiently and information written with the scale can be very useful in providing information about the purpose of the scale


The scales can be adapted for many behaviours including controlling voice level, managing emotions and dealing with obsessive behaviours.











When creating a scale, it is important to work with the individual or group and use their language to describe a particular state or concept.

Further information is available at <https://www.5pointscale.com/>







Some examples of the 5-point scale can be found below

My Check In







How am I feeling?		What can I do?
	 Explode —I feel angry and I am not sure how to calm down. I need an adult to help me.	I need to leave the classroom. I need to get to a safe place. I need some space - I will let you know when I am ready to talk.
	 Rumbling —I feel like I am starting to lose control. I may need space and some support.	I can ask for a brain break. I can go to my safe place. I can move away from something that is upsetting me.
	 Bubbly —I am feeling frustrated or something is worrying me. I may need a break to calm myself.	I can let me teacher know how I am feeling. I can get something from my sensory box. I can write or draw the problem.
	 Ok —I know something is not right but I know what I need to do.	I can think about something that makes me happy. I can take deep breaths. I can go and have a drink.
	 Happy —I feel good about myself and what is going on around me.	I can carry on having fun.

Incredible 5 Point Scale - Volume Regulation

5	<p>Screaming Emergency Voice Someone is hurt or you are in danger</p> 	
4	<p>Outside Voice playground voice, cheering at a game or calling the dogs outside</p> 	
3	<p>Classroom Voice Talking voice</p> 	
2	<p>Whisper Soft voice or library voice</p> 	
1	<p>No Talking It's time to listen</p> 	

Fill in your own Stress Scale

Level	Person, place or thing	Makes me feel like this:
5		<p>This could make me lose control!!!!</p> 
4		<p>This can really upset me.</p> 
3		<p>This can make me feel nervous.</p> 
2		<p>This sometimes bothers me.</p> 
1		<p>This never bothers me.</p> 